

Before you start

You will require;

- light comfortable clothing
- flat supportive footwear
- adequate space to move about
- a sturdy chair (or use the worktop in the kitchen)

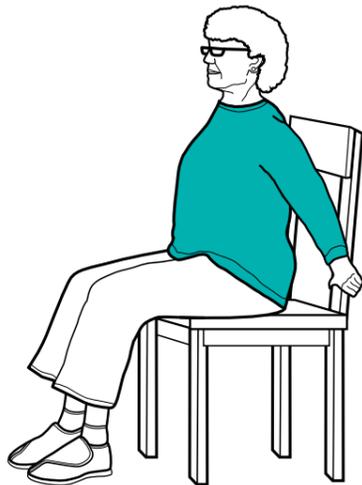
Stretches

Do these stretches before and after you complete the exercises overleaf.

CHEST STRETCH

Sit tall away from the chair back, reach behind with both arms and hold the chair back. Press your chest forwards and upwards until you feel the stretch across your chest.

Hold for 8 seconds.



BACK OF THIGH AND CALF STRETCH

Move your bottom to the front of the chair. Place your left foot flat on the floor, then straighten your right leg out in front with your heel on the floor. Place both hands on the left thigh, then sit tall. Lean forwards, stay tall, until you feel a gentle stretch in the back of your right thigh.

After 10 seconds, keeping the right heel on the floor gently flex toes towards ceiling. Hold for further 8 seconds and relax. Repeat with other leg.

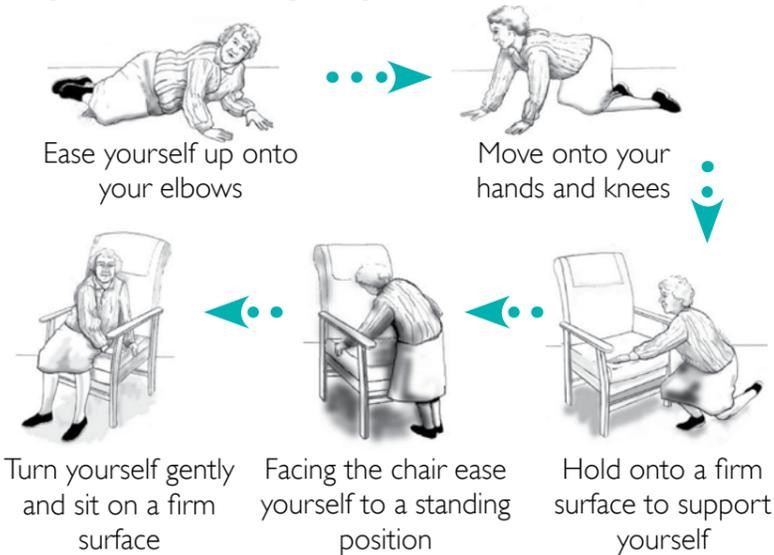


What to do if you fall

Try not to panic. If you are hurt, don't move. Get help by using your personal alarm, the phone or by shouting and banging on the wall or floor. If you have to wait for help, try to keep warm, get comfortable, wriggle away from fires or hot radiators.

If you are not hurt, try to roll onto your hands and knees and crawl to a sturdy piece of furniture e.g. a chair. Facing the chair, put your hands on it, ease yourself into a standing position and turn to sit on the chair.

If you are able to get up



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Always tell your GP or a health professional that you have had a fall.

For further information please contact;

Email: FallsPrevention@hants.gov.uk
Tel: 01962 846605
Web: www.hants.gov.uk/betterbalance

This information is available in other formats, such as large print, audio, Braille, Word documents for screen readers, another language or easier to read. Please contact Hantsdirect on 0300 555 1375.

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Better balance for life



Exercises to improve your strength, flexibility and balance

Start up

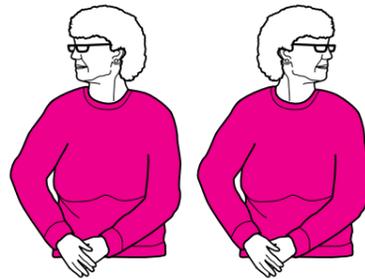
HEAD TURNS/SHRUGS

1 Sit tall in the chair, look ahead, hands by your side. Raise shoulders up towards your ears, lower gently. Roll your shoulders in a circular movement backwards.

Repeat 5 times.



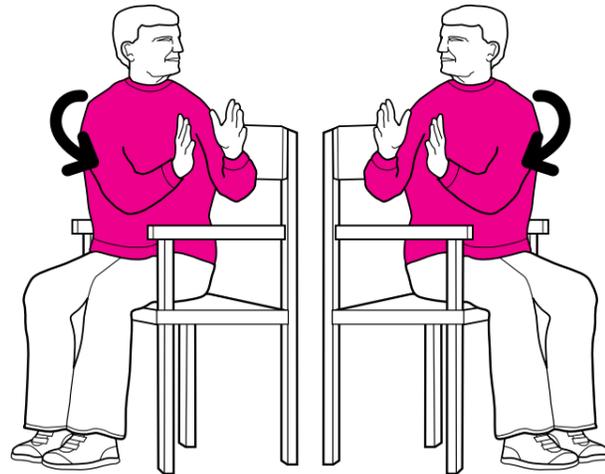
2 Sit tall in the chair, feet flat on the floor, look ahead. Slowly turn your head to the right, then to the left. Repeat 5 times each side.



MIDDLE TWISTS

Sit tall in the chair, feet flat on the floor. Turn head and shoulders and clap your hands to the left at chest height, then to the right.

Repeat 5 times on each side.

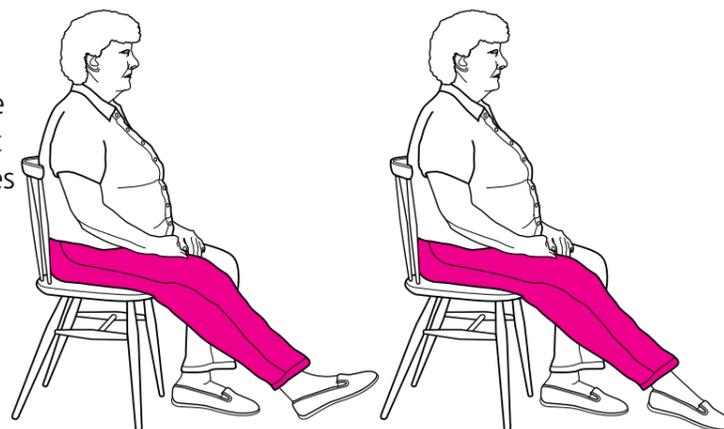


HEEL TOE TAP

Sit tall away from the chair back, hold the sides of the chair.

Place heel of one foot on the floor, then lift it and put the toes down on the same spot.

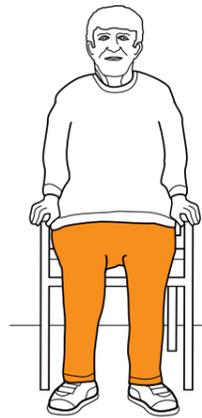
Repeat 5 times



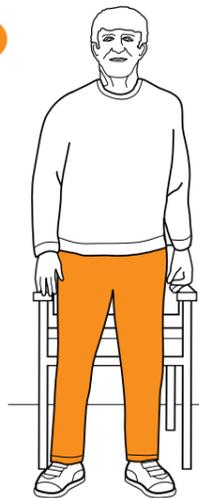
Stand up

SIT TO STAND

1



2



1 Use a chair which is not too low. Wiggle forwards to the front half of the chair. Lean forwards and push with both hands on the arms of the chair to stand up.

2 Feel for the arms of the chair with both hands. Lower slowly to sit down. Repeat 5 times.

As you improve

- Stand up without using your hands

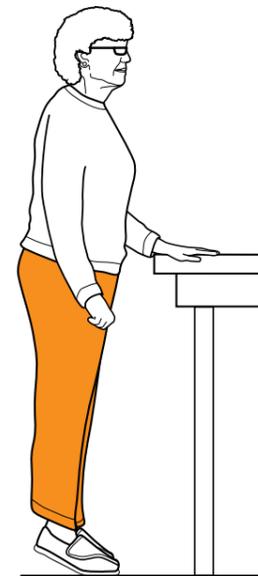
CALF HEEL RAISES

Stand up tall beside the table/bench. Hold on and look ahead, feet shoulder width apart. Come up onto your toes, lower heels slowly to the ground.

Repeat 10 times.

As you improve

- Hold on with fingertips only
- Increase the repetitions



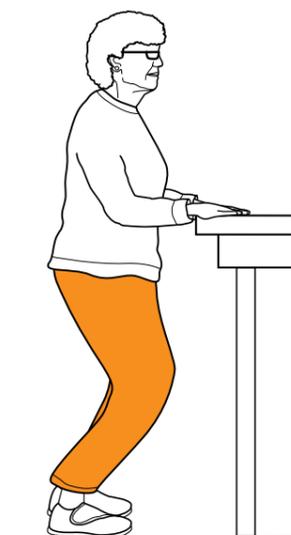
KNEE BENDS

Stand up tall facing the table/bench. Hold on and look ahead, feet shoulder width apart. Keeping feet flat on the floor, slowly bend knees. Straighten up.

Repeat 10 times.

As you improve

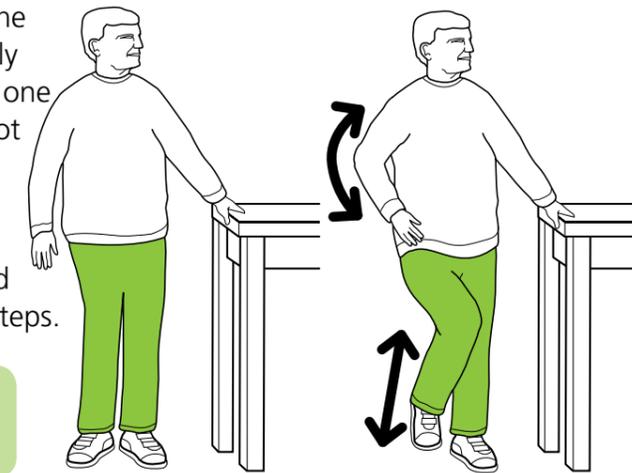
- Hold on with fingertips only
- Increase the repetitions



Step out

MARCHING ON SPOT

Stand sideways on to the table/bench, feet slightly apart. Holding on with one hand, march on the spot for a count of 10, keeping heels down. Change direction, hold on with other hand and march for another 10 steps.



As you improve

- March for longer

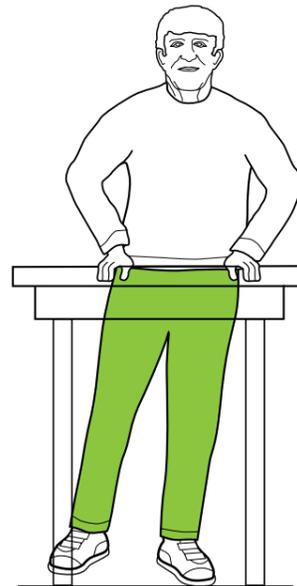
SIDE STEPS

Stand up tall facing the table/bench. Look ahead and hold on. Take 10 steps to one side ending with feet together. Take 10 steps to the other side.

Repeat 10 times.

As you improve

- Hold on with fingertips only
- Put hands on hips



WALKING AND TURNING

Moving at your regular pace, walk between the chairs in a figure of 8, starting in a clockwise direction. Then walk in an anti clockwise direction.

Repeat 5 times in each direction.

