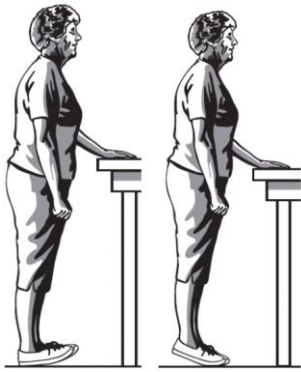


These are a combination of standing and walking exercises to help strengthen your legs and challenge your balance. For optimal results try to do them three times a week. If you experience any adverse symptoms whilst doing the exercises such as dizziness, chest pain and shortness of breath, please contact your doctor.



## Calf raises and Toe raises

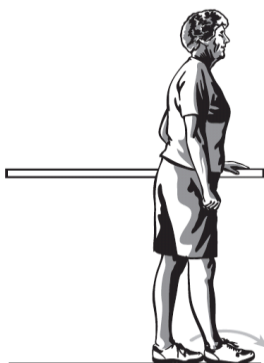
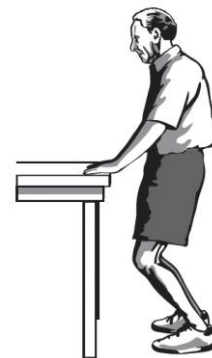
- Stand up tall and hold support with both hands  
Position your feet shoulder-width apart.
- Rise up onto your toes and lower your heels back to the ground.
- Lift your toes up off the floor, putting your weight through your heels and lower your toes back.

Repeat 10 - 20 times

## Mini squats

- Stand up tall and hold support with both hands,  
Position your feet shoulder-width apart.
- Bend both of your knees to perform a mini squat, keep your back straight and knees/toes pointing straight ahead.
- Keep your heels on the ground.

Repeat 8-10 times



## Heel toe standing

- Stand up tall and hold support with both hands
- Place one foot directly in front of the other, as if you are on a tight-rope
- Hold this position for 10 seconds

Swap feet positions and repeat at least 4 times

## One leg stand

- Stand up tall and hold support with both hands
- Stand on one leg, Hold this position for 10 seconds
- Stand on the other leg and repeat the above.

Repeat at least 6 times (alternate legs)





## Sideways walking

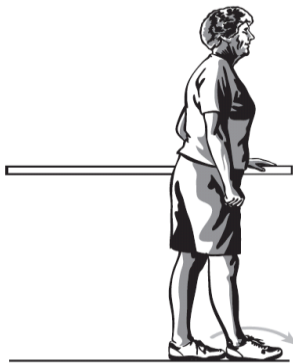
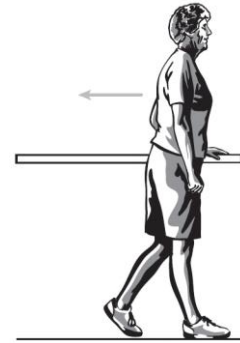
- Stand up tall and hold support with both hands
- Walk sideways to the right 10 steps, or along the length of your bench/support
- Repeat sideways steps to the left.

1 - 2 Minutes

## Backwards walking

- Stand up tall and hold support.
- Walk backwards 10 steps, or along the length of your bench/support.
- Turn around and repeat walking backwards in the other direction.

1 - 2 Minutes



## Heel toe walking

- Stand up tall and hold support
- Place one foot directly in front of the other, as if you are on a tight-rope
- Bring your back foot to the front and continue like this, as if you are walking a tight-rope
- Repeat along the length of your bench/support

1 - 2 Minutes

## Figure of 8 walking

- Walk at your regular pace in a figure of 8 shape.
- Use your usual walking aid if you have one.

1 - 2 Minutes



These exercises are from the Otago Exercise Programme and are only recommended where a person has been assessed as able safely carry them out. Should you require further advice, speak to an appropriate health and/or exercise professional.