

Backs and Joints
18 Cliddesden Road
Basingstoke, ACT, RG21 3DU

3 Sets / 5 Reps / 10 s hold

1. Single leg balance with eyes closed

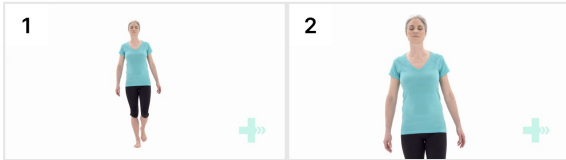
Start from a neutral standing position. Shift your weight over to your affected side. Balance on your affected leg, bend your the other knee and lift your foot off the floor.

Lift your arms out to the side for balance.

Close your eyes and hold in this position.

Return to the neutral position.

Open your eyes.

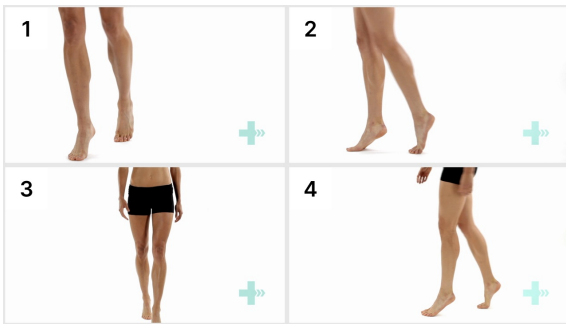


3 Sets / 5 Reps / 10 s hold

2. Toe walks

Start up on your toes with your heels raised off the floor.

Walk forward with a natural arm swing, keeping your heels off the floor.



3 Sets / 5 Reps

3. Tandem walking

Stand up straight with a clear path in front of you.

Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.

Walk along this line on the floor as if you are walking a tightrope.

Try to step each foot just in front of the toes of the other foot.

Try to maintain your balance, and keep your feet stepping in the middle of the line.



3 Sets / 5 Reps

4. Lunges walking

Stand up straight.

Take a large step forwards into a lunge.

Both hips and knees should be at 90 degrees as you lunge down.

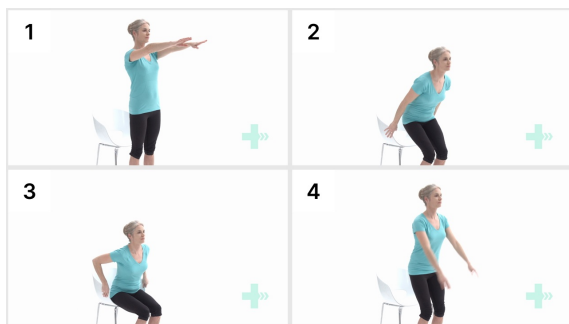
Make sure your front knee is directly above your ankle and pointing forwards.

Push up, stepping your back leg to the front leg.

You may touch this foot to the ground, or bring it straight through to repeat the movement, leading with your other leg.

Continue this sequence in a straight line.





5. Stand-to-sit, sit-to-stand training using hands

Stand with the chair behind you and your arms stretched out in front of you.

Slowly sit down in the chair, lightly using your hands to assist.

Try to sit in a controlled manner by placing yourself gently on the chair using your hands as support as required.

Lean slightly forward and stand up from the chair.

Try not to favour one side and use your hands to help you as required.

Keep repeating this sequence for as long as directed.

Remember as you stand up, to lean forward whilst bending at the waist so that your head is positioned over your toes.

This will make it easier for you to stand up from the chair.

You should do this activity as fast as you can without feeling like you will lose your balance, and all the while using a controlled movement.

3 Sets / 5 Reps / 10 s hold

6. SL toe touches

Stand on your affected leg.

Keeping your balance, bend over and touch your toes with your opposite hand.

Control the movement as you return to the start position and repeat.

