

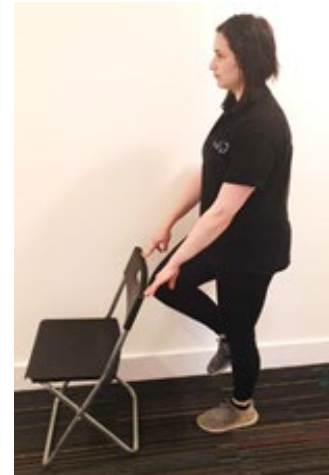
## HCPA Standing Balance Exercise Guidance

: These exercises are safe and effective if you feel confident in a standing position, or if you or the individual have been assessed as safe to take part. These exercises can be done 2-3 times per week.

### WARM UP EXERCISES

- **Marching** - Standing behind your chair, feet hip width apart with both hands on the top of the chair for support. Begin to lift one knee up towards the body, switching legs into a marching action. You may want to reduce support of the chair, if you feel confident by using your fingertips or taking one hand away

*Aim to achieve 30 seconds*



- **Arm Swings** - Start with one hand supporting you on the chair. With the other hand start to swing one arm backwards and forwards keeping your elbow close to the body. If you feel confident to then you can take both hand off the support to stand unaided.

*Aim to achieve 30 seconds on each arm swing, or simultaneously for 30 seconds.*



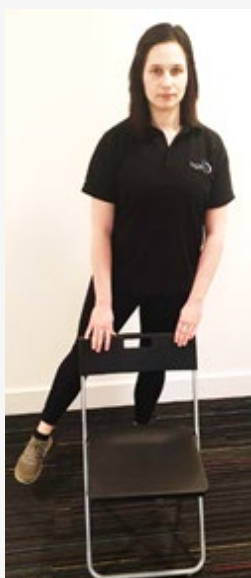
- **Head Movement** - Stand tall with your feet hip width apart and with your hands holding the chair for support. Turn the head slowly left and right as far as you feel comfortable. Ensure that your shoulders stay still so you are only moving the head.

*Aim for 4 turns each side*



- **Trunk Movement** - Standing tall with the feet hip width apart, fold the arms across the chest or place one hand for support on the chair. Turn the upper body each side, keeping your hips square towards the chair.

*Aim to achieve 4 turns each side*



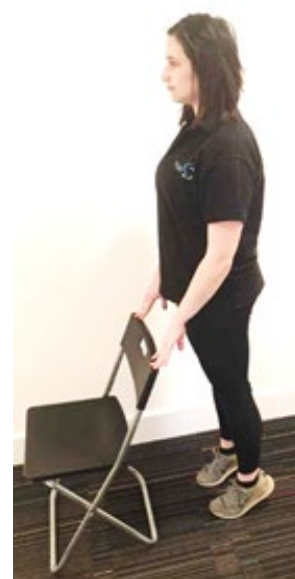
## STRENGTH

- **Side Hip Strengthener** - Stand tall with feet hip width apart holding onto the chair. Lift one leg slowly out to the side while keeping your toes forwards. Avoid leaning your body to the side. Place the weight evenly back onto both feet before you continue each repetition.

*Hold each lift of up to 5 seconds  
Aim for 8-10 repetitions*

- **Heel Raises** - Standing tall with your feet hip width apart, keep both hands onto the chair for support. Slowly lift onto your toes, you will start to feel your ankles and the back of your lower leg.

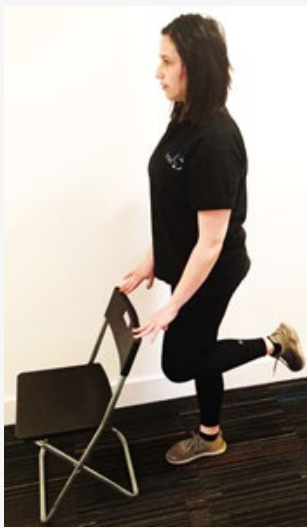
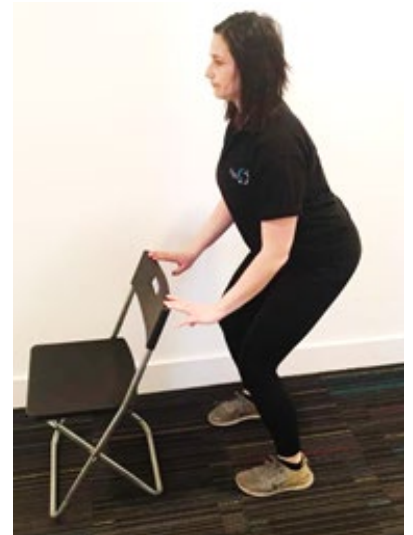
*Hold each lift of up to 5 seconds  
Aim for 8-10 repetitions*



## BALANCE

- **Knee Bends** - Feet are hip width apart with your hands onto the chair for support. Push the bottom backwards while bending your knees, as if you were about to sit down. Keep the feet flat and the knees straight. Use your fingertips if you feel confident with less support.

*Aim to achieve between 4-6 repetitions with good skill and control*

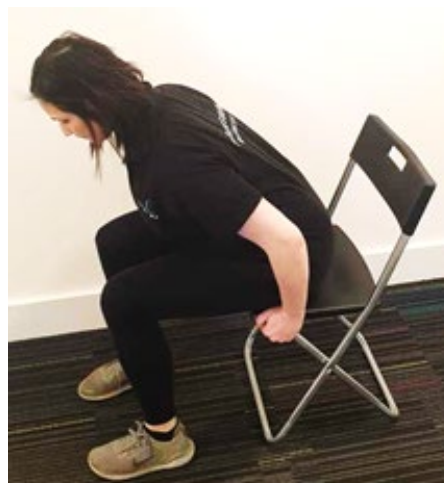
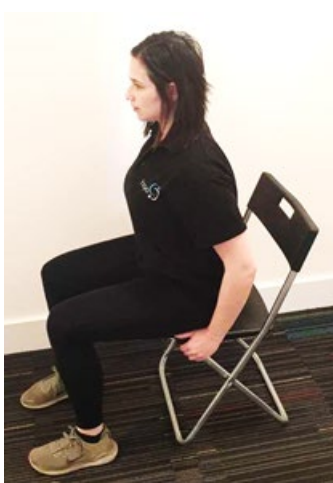


- **Standing on One Leg**- Stand close to your chair, using it for support. Left one foot off the ground with an upright posture. Your standing leg should have a soft bend in the knees.

*Hold this up to 10 seconds and repeat on the other leg*

- **Sit to Stand**- Sitting on the front third of your chair, make sure your feet are in line with your knees. Holding onto the arms or side of the chair, hinge your hips forward and bring your nose over your toes. Push your heels into the ground and stand up on the count of 3.

*Aim to achieve between 4-6 repetitions with good skill and control*





# Exercises for Strength & Balance

Try these 6 simple exercises a minimum of three times a week and the person will soon see an improvement in their mobility.



- Make sure the chair is sturdy
- Ensure residents wear supportive shoes
- If the person experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111
- A slight soreness the next day is normal



## Heel Raises

- Stand tall, holding the back of a chair
- Lift the heels off the floor, taking the weight onto the big toes
- Hold for three seconds, then lower with control, and repeat ten times

## Toe Raises

- Stand tall holding the chair
- Raise the toes, taking the weight onto the heels, (don't stick the bottom out)
- Hold for three seconds then lower with control, and repeat ten times



## Sit to Stand

- Sit tall near the front of the chair with the feet positioned slightly back
- Lean forwards slightly and stand up (with hands on the chair if needed)
- Step back until the legs touch the chair then sit down into the chair with control, then repeat ten times







## Heel-Toe Stand

- Stand tall with one hand on the support. Put one foot directly in front of the other to make a straight line
- Look ahead, take your hand off the support and balance for ten seconds
- Take the front foot back to the hip width apart. Then place the other foot in front and balance for ten seconds

## One-Leg Stand

- Stand close to the support and hold it with one hand
- Balance on one leg, keeping the support knee soft and posture upright
- Hold the position for ten seconds, then repeat on the other leg



## Heel-Toe Walking

- Stand tall, with one hand on a support like a kitchen cabinet
- Look ahead and walk ten steps forwards, placing one foot directly in front of the other so that the feet form a straight line
- Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the opposite direction