

Strength and Balance Retraining Exercise Programme.

Seated Warm Up

Seated Marching

- Sit in your chair
- Lift your knees as if you are marching
- Swing your arms at the same time
- Count 20 steps



Ankle Pumps

- Lift your heels
- Point your toes to the ground
- Lift your toes
- Push your heels to the ground
- Do this 10 times





Knee Exercise

- Sit on a chair
- Lift one foot off the floor and straighten your leg
- Slowly lower to the floor
- Do this with your other leg
- Do this 5 times



Arm Lifts

- Sit in your chair
- Hands at shoulders
- Push arms straight up
- Lower back to start position
- Do this 10 times

Neck Exercises

- don't stretch through pain



- Put your chin on your chest
- Count to 5



- Tilt your head to the side
- Count to 5
- Tilt your head to the other side
- Count to 5



- Turn your head to the side
- Count to 5
- Turn your head to the other side
- Count to 5



Bicep Curls

- Sit in your chair
- Straighten your arms
- Bend your elbows
- Do this 10 times



Heel Digs

- Sit in your chair
- Tap your left heel out in front
- Bring your foot back
- Touch your right heel out in front
- Bring your foot back
- Do this 10 times



Rowing

Sit in your chair

- Push your hands straight in front
- Pull your hands back to your chest
- Like you are rowing
- Do this 10 times

Standing Exercises



1. Marching

- Stand at kitchen worktop
- Hold on with both hands
- March on the spot
- Lift your knees up high
- Count 20 steps



2. Mini Squat

- Stand facing the kitchen worktop
- Hold on with both hands
- Feet slightly apart.
- Bend your hips and knees slightly
- Stand up straight again
- Do this 10 times



3. Leg lift to side

- Stand facing the kitchen worktop
- Hold on with both hands
- Lift your leg out to side
- Feet back together
- Do this 10 times
- Do this 10 times with the other leg



4. Tip Toe Stand

- Stand facing the kitchen worktop
- Hold on with both hands
- Push up onto your tiptoes
- Do this 10 times



5. Single Leg Stand

- Stand facing the kitchen worktop
- Hold on with both hands
- Stand on your right leg
- Count to 5
- Stand on your left leg
- Count to 5
- Repeat 5 times



6. Step Backs

- Stand facing the kitchen worktop
- Hold on with both hands
- Step one foot backwards
- Bring foot back to start
- Do this 10 times
- Do this again with other leg



7. Sit to Stand

- Sit in a chair
- Slowly stand up straight
 - You can use your arms to help
- Slowly sit back down
 - You can use your arms to help
- Do this 5 times