



## Some Exercises for Strength and Balance

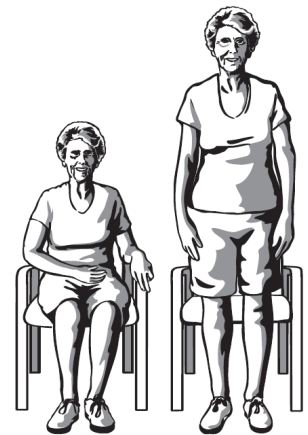
If you want to reduce your risk of falling it's important to increase your leg strength and balance. Below are some exercises, which if done regularly, will improve your leg strength and balance and reduce your risk of falls.

The following are exercises for the lower part of the body – to improve your coordination, balance, mobility and strength. You will be working your buttocks, abdominals, thighs, knees, ankles and feet.

### Sit to Stand

To work buttocks, abdominals, thighs, knees, ankles and feet.

Repeat 10 times in succession.  
Use as little hand support as possible.



### Sit foot Raise

To work thighs.

A weight around the ankle increases muscle work.

Hold for 10 seconds.  
Repeat up to 20 times in succession.



### Knee Bends

To work buttocks and thighs.

Hold table at first then progress to no hand support.

Hold for 5 seconds.  
Repeat 10 times in succession.



## Stand on toes

To work calf muscles and ankle joints.

Hold table at first then progress to no hand support.

Then walk on toes - forward and backwards.

Hold 3 seconds.

Repeat 10 times.



## Stand on heels

To work shin muscles and ankle joints

Hold table at first then progress to no hand support.

Then walk on heels – forward and backwards

Hold 2 - 3 seconds.

Repeat 10 times.



## Heel toe stand and walk

To increase balance.

Place one foot in front of other heel to toe.

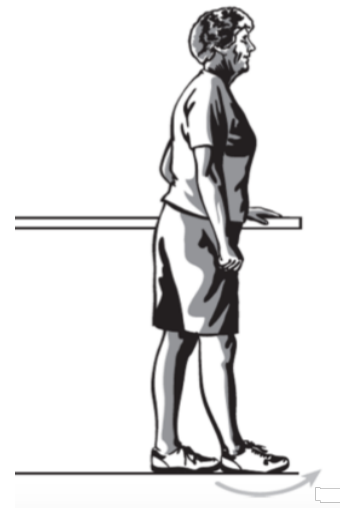
Hold table or wall at first then progress to no hand support.

Then walk in a straight line – heel to toe for 10 steps.

### Walk:

- Forward/backwards
- With high steps
- With long steps
- Walk and turn

Walk Walk Walk!!



If you need help to improve your leg strength and balance our friendly  
Physiotherapist can help, just contact us,

**Phone:** 377 5280 **Email:** [admin@tpl.nz](mailto:admin@tpl.nz)

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