

**BALANCE AND STRENGTH PROGRAMME 1**

KIT:

BROOMHANDLE/WALKING STICK OR STURDY POLE, DINING CHAIR

DO 10 REPETITIONS OF EACH EXERCISE

TRY TO KEEP CORE STABILITY ACTIVATED AND BODY UPRIGHT IN GOOD POSTURE THROUGHOUT. HOLD ON TO BROOMSTICK OR THE BACK OF A CHAIR FOR SUPPORT IF YOU NEED TO

1. SIT TO STANDS FROM DINING CHAIR
2. HEEL RAISES LEGS STRAIGHT
3. HEEL RAISES KNEES BENT
4. TOE RAISES ALTERNATE
5. SINGLE LEG STAND STRETCH OPPOSITE ARM OVERHEAD
6. HEEL/TOE STAND STRETCH ARMS OUT TO SIDE
7. HEEL/TOE WALK STRETCH ARMS OUT TO SIDE
8. BROOMSTICK KNEELIFT
9. BROOMSTICK SIDEWAYS LEG LIFT
10. SIT TO STANDS FROM DINING CHAIR
11. ROLL DOWN IN SITTING
12. STRETCH ARMS OVERHEAD IN SITTING WITH DEEP BREATHS

If you have any injuries or are recovering from surgery such as joint replacement please consult with your Physiotherapist before starting the exercises