

Community Falls Team - balance exercises



**Safe, Active and
Independent**

Exercises for:

issued on (date):

To contact the Falls Service

Tel: 01530 468 510

Your ability to balance makes standing, walking, sitting and other activities easier.

This leaflet contains information and exercises which aim to improve your balance.

There are two types of balance: static and dynamic.

Static balance

Your static balance is your ability to maintain balance when not moving in any position/posture, without holding on to external support.

Dynamic balance

Your dynamic balance is your ability to maintain your balance when you are moving. Dynamic balance is normally easier to maintain than static e.g. it is easier to balance on a bike when we are moving than it is to remain stationary.

This booklet provides exercises that will improve your static and dynamic balance through progressively difficult levels. To start with, your physiotherapist will tell you which level is best for you. You can then progress gradually at your own rate as you improve.

At any time, if you feel that your balance is getting worse, please return to a level that you feel is more appropriate.

These exercises are suitable for most people, however your therapist may advise you to avoid certain exercises which may not be suitable for you.

Safety Notice

- For the exercises, ensure you have a stable surface to hold onto e.g. kitchen worktop.
- Wear comfortable clothes and suitable footwear, prepare a space and have all appropriate equipment ready before you start.
- If you experience any NEW symptoms while exercising, which are not normal for you, or if any of your existing symptoms become worse then stop exercising and if they persist contact your GP.
- We expect you to become short of breath during exercise. Your breathing should however, return to normal after 2 - 3 minutes. If this is not the case then you should seek advice from your healthcare professional/GP.
- If you experience pain in your joints or muscles check your position and try again. If the pain persists stop the exercise and ask one of the team when you next see us.

Standing (static) balance warm-up exercises

Level 1



Level 2



Level 3



Level 4



Level 5



Level 6

Stand up tall with your feet hip width apart and hold onto a stable surface with both hands. Relax shoulders and take 3 deep breaths.

Now remove one hand and take another 3 deep breaths.

Next, lessen your support so you are touching with your fingertips of one hand only and take another 3 breaths.

Maintaining the same support of fingertips with one hand now close your eyes for the count of 10 seconds.

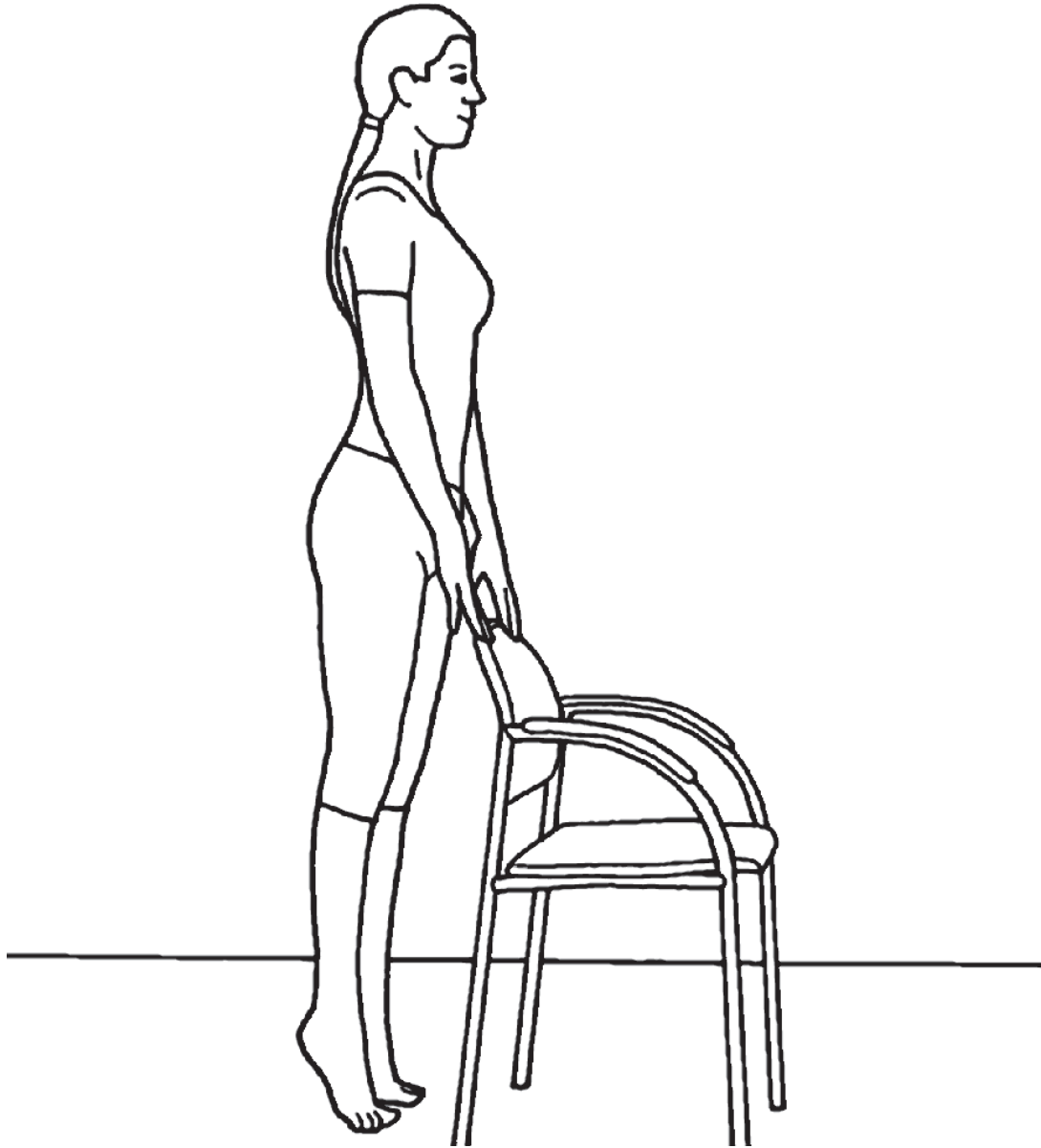
Open your eyes. Take both hands off the surface. It helps if you hover your hands just above so you can hold if you need to. Take 3 deep breaths.

Keep both hands hovering above the surface and close your eyes for the count of 10 seconds. (Only complete this level if advised by the staff on programme to do so.)

You will complete the exercises throughout the rest of the booklet at 1 of these warm up levels either level 1,2,3 or 5. Never try and complete the exercises with your eyes closed.

Standing balance exercises

1. Heel raises



Standing with feet hip width apart, hands resting on surface, if required. Slowly raise up onto your tip toes. Hold for 3 seconds and gradually lower your heels back down. Do not let your body rock backwards when you lower back to the floor.

Repeat 10 times.

2. High knees



Standing with feet hip width apart, hands resting on surface, if required. Start movement at your ankle and pull your toes upwards then lift your whole leg up in front of you. Bending at your hip and knee. Hold the leg up for 3 seconds, then slowly lower. Make sure your heel hits the ground first and you maintain the hip width stance throughout. .

Repeat 10 times each leg.

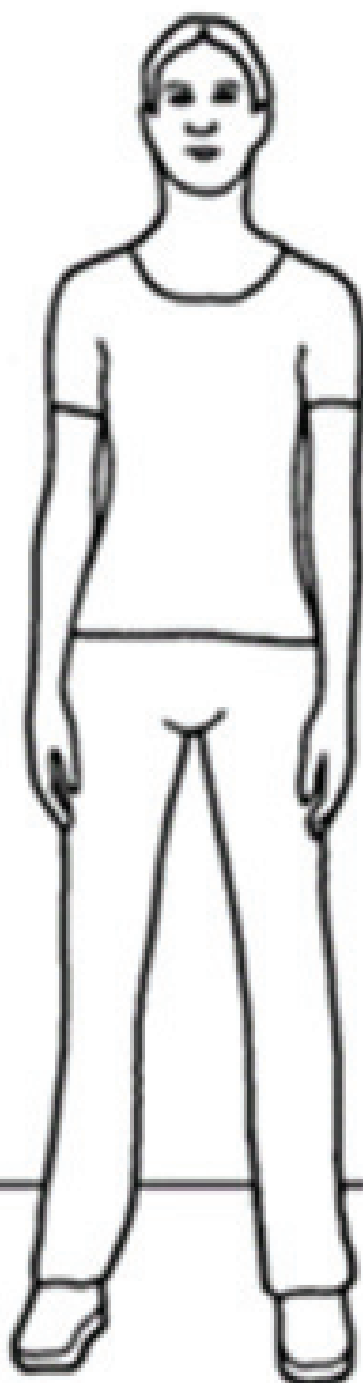
3. Hip extension



Standing with feet hip width apart, hands resting on surface if required. Keeping your knee straight and ankle bent upwards, move your leg backwards extending your hip. Make sure you keep your back straight - do not lean forwards.

Repeat 10 times each leg.

4. Hip circles



Standing with feet hip width apart, hands resting on surface if required. Slowly circle your hips 5 times in one direction, then 5 times in the opposite direction. Whilst doing this, concentrate on your feet - you should feel your body weight shifting over different portions of your feet as you circle.

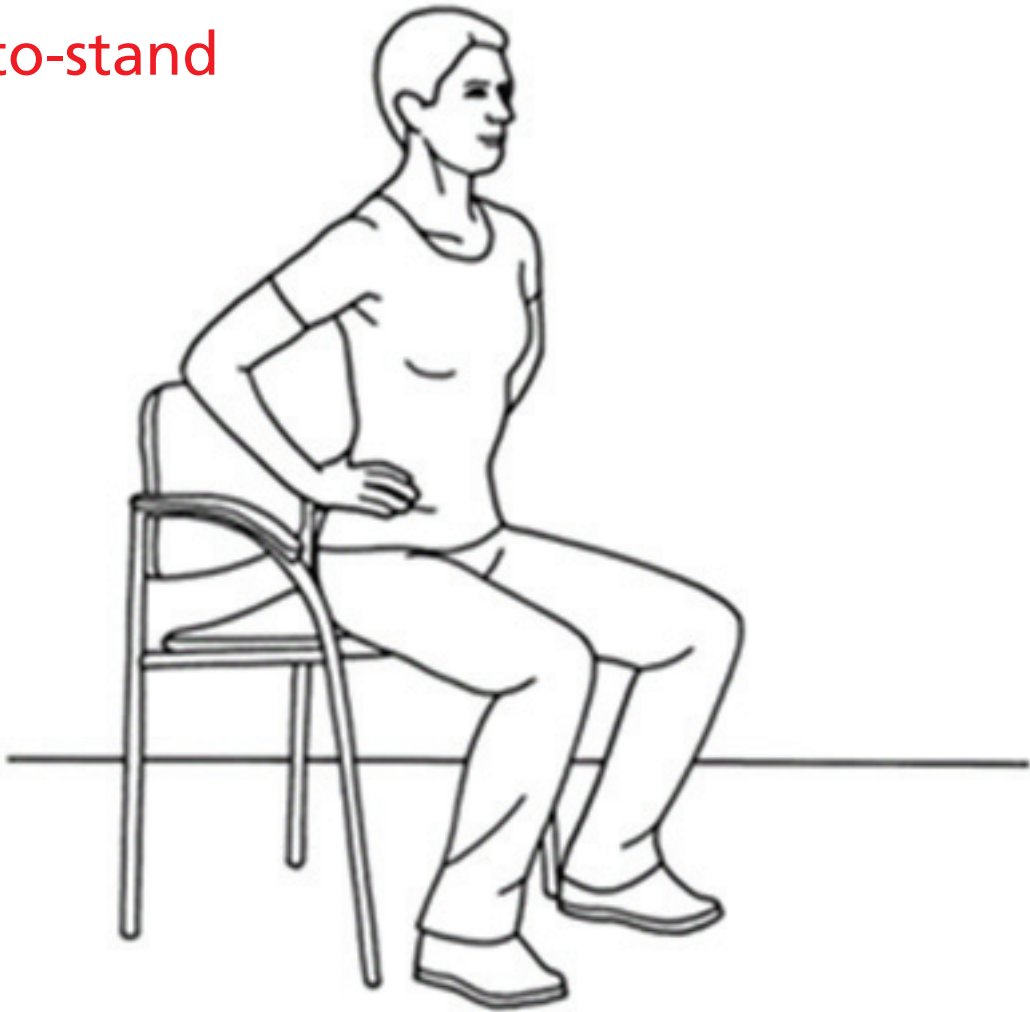
5. Hip abduction



Standing with feet hip width apart, hands resting on surface if required. Important: your toes must face forwards at all times during this exercise. If you imagine you are standing in the middle of a clock your toes need to be pointing towards 12 o'clock. Do not let them turn to face 2 o'clock or 10 o'clock. If they do not face forwards you are not working the correct muscles. Keeping your knee straight and toes forwards, slowly lift one leg out to the side and hold for 2 - 3 seconds then return to the original position. Make sure your body remains upright. Do not lean over to lift your leg higher.

Repeat 10 times each leg.

6. Sit-to-stand



Sitting in a stable chair of adequate height (your hips and knees should be parallel). Come forwards in the seat, feet flat on the floor and lean forwards with your body. Push down through your legs and stand up straight without using your arms to assist. Stand for a few seconds before slowly sitting back down. To sit; stick your bottom out and sit down slowly again without using your arms for support. Do not drop down in to the chair.

Repeat 10 times.

This exercise is one of the best for maintaining lower limb strength and mobility and should be completed frequently throughout the day. We do not recommend you sit for long periods at a time and try to adopt this technique of standing every time you get up if possible.

Space for your notes or any questions you may wish to raise at your next appointment

Your named physiotherapist is:

This leaflet has been issued to you on (date):

**If you need this information in another language
or format please telephone 0116 295 0903 or
email: Patient.Information@leicspart.nhs.uk**

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0903 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0903 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0903 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0903 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0903 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0903 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0903 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0903 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0903 یا ای میل پر رابطہ کریں Patient.Information@leicspart.nhs.uk