

Wellbalanced Dynamic Balance Exercises

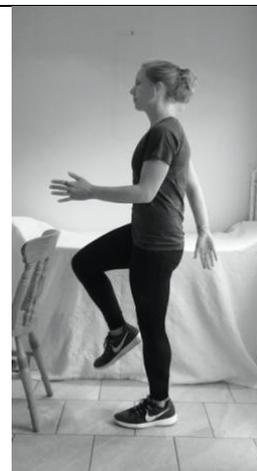
These exercises will challenge your endurance and balance while you are moving. Have your sturdy support next to you. Ensure you have completed a warm up first – Seated march for 1-2mins, shoulder rolls and ankle mobility. Start each exercise with hand support and only lighten it if you feel safe to do so. Only try the progressions when you can perform the exercise with confidence. Stop exercising immediately if you feel dizzy or unwell.

Endurance march

Stand tall behind support, feet hip width apart. Start to march gently but continuously, with each step roll your weight from the ball to the heel of each foot. Either keep both hands on support OR add in either a single or double arm swing (depending on how steady you feel). Start to increase the size of your leg and arm movements. Alternate between the bigger and smaller marching action. Perform for 1-2 mins.

Tip: Talk test – Your breathing and heart rate will increase, you should be able to talk but not have a chatty conversation.

Progression: Increase the number of seconds spent in the 'big march' phase. Decrease hand support as able.

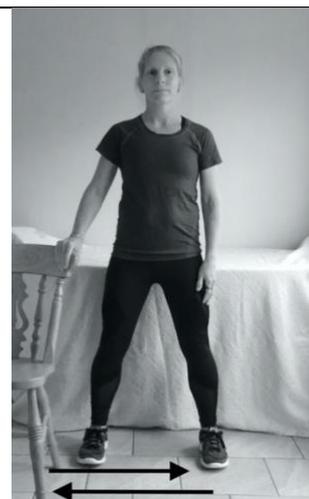


Side Stepping

Stand tall behind support, feet parallel and hip width apart. Take a small side step with one leg, then the other (so you are standing with feet hip width apart, slightly to the side of your support), then side step back to your start position. Continue for 1-2minutes.

Tip: Ensure your feet, hips and shoulders are facing forwards throughout. You should still be able to do the Talk test!

Progression: Decrease hand support as able. Increase the size of your side steps. Add an arm movement to your side steps (straighten arms forward as you step out, draw them back to your sides as you step feet together again)



Tip Toe Walk

Stand side on to your support. Stand tall. Rise up on to toes. Take small, slow steps forward. Lower heels to floor, turn to face opposite direction, repeat tip toe walk.

Start with 2 sets of 3 steps, build to 4 sets of 10 steps.

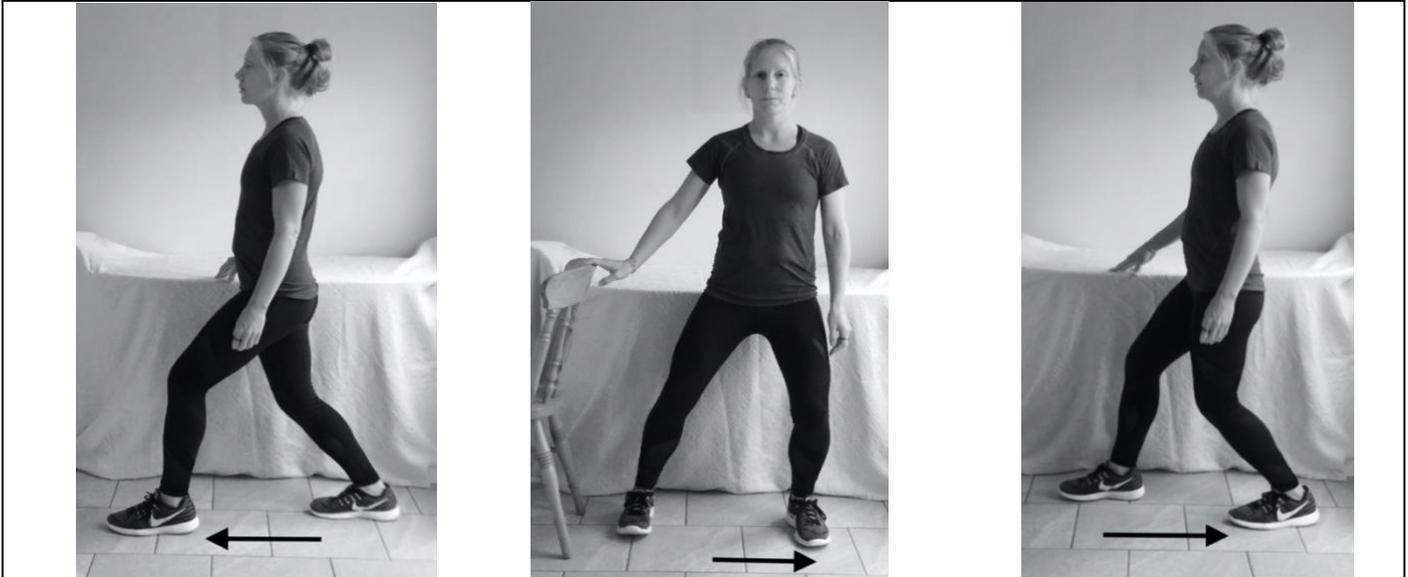
Tip: Keep your weight over the big and second toes and keep looking straight ahead throughout the exercise.

Progression: Decrease hand support to fingertips/no support as able. Increase size of steps.



Multi-directional Lunges

Stand side on to support. Stand tall, feet hip width apart. With the outside leg (furthest from support), take a half step forwards, then bend your knees. Straighten the knees and step back to start position. Repeat with a half step sideways, then one diagonally backwards. Repeat 2-5 times with each leg. **Tip:** Make sure your knee does not come further forwards than your toes. **Progression:** Make your lunges longer and deeper as able. Reduce hand support as able. Try a double lunge in each direction.

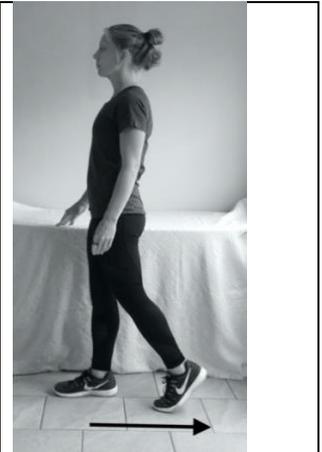


Backwards Walking

Stand side on to your support, with upright posture looking straight ahead. Take 5-10 small, slow and controlled steps backwards. Pause and turn to face the opposite direction by turning towards your support. Take 5-10 backwards steps, back to your start position. Build up to 4 sets of 10 steps.

Tip: When stepping back, place your toe down first. Ensure you move your supporting hand back too, to prevent leaning forwards. Use your kitchen worktop as a support so you have plenty of space to step backwards.

Progression: Gradually increase the size of steps if you feel confident to do so. Reduce hand support as able.



Flamingo Swings

Stand side on to your support. Lengthen through your spine and engage your tummy muscles. Slide the outside leg forwards and lift the foot off the floor, bending the knee. Sweep the leg back down then behind you in a controlled movement. Repeat 3-6 times on each side.

Tip: Keep looking straight ahead, maintain upright posture and stillness in upper body.

Progression: Decrease hand support as able. Increase the number of sets performed on each leg to 2.

