

buzz

Manchester
Health & Wellbeing
Service



Exercises to help with Strength & Balance



An exercise program designed to prevent falls, build overall strength, improve balance and help you complete everyday tasks.

Helping more people, stay more active, more often.

Exercises to help with Strength & Balance.

A specialised strength and balance exercise rehabilitation programme to help with daily living and reduce the risk of falls.

All marching in between exercises should be for 1-2 minutes.

By the end of the warm up you should feel looser and warmer.

Remember your posture.

Warm up: seated or standing

1. Toe taps



Tap your toes ahead.
Aim for 1-2 minutes.
We are preparing the body and mind for exercise.

Marching on the spot.



2. Side steps



Step out to the side with your left foot then your right foot.
Aim for 1-2 minutes.
The aim is to increase heart rate and warm up the muscles.

Return to marching.



3. Knee raises



Lift your knee ahead as high as you can. Change leg. Keep going continuously.
Aim for 1-2 minutes.
We are trying to increase the heart rate a little more.

Return to marching.



4. Trunk twists



Arms ahead, breath out and twist. Hips stay forward.
Try to do this 10-15 times.
The aim is to loosen your back and improve mobility.

Return to marching.



5. Ankle mobility



One foot at a time, tap your toe then your heel. Try to hit the same spot on the floor.
30 seconds each leg.
The aim is to improve range of movement in your ankle and balance.

Return to marching.



6. Shoulder rolls



Looking ahead, lift your shoulders towards your ears. Sink your shoulders down your back.
Try to do this 10 times.
This should reduce tension and improve mobility.

Return to marching.



Cardio

1. Marching



Marching on the spot.
(Moderate-hard intensity)
Seated or standing
1-2 minutes.

2. Marching

As above
Low intensity - recovery station
1-2 minutes.

3. Side steps



Step out to the side and back again continuously.
(Moderate-hard intensity)
Seated or standing
1-2 minutes.

4. Side steps

As above
Low intensity - recovery station
1-2 minutes.

5. Knee raises



Lift your knees in front one at a time.
(Moderate-hard intensity)
Seated or standing
1-2 minutes.

6. Knee raises

As above
Low intensity-recovery station
1-2 minutes.

You should start to feel your breathing and heart rate increase

Balance

1. Sit to stand



Sit towards the front of your chair, place feet slightly further back, feet hip-width apart.
Lean forward and stand.
Use your hands on the chair if needed. Stand tall then feeling your legs on the back of the chair, lower down slowly.
Try to do this 8-10 times.
We are strengthening your thighs and bottom.

Tip: When this becomes easy, try not to use arms as much. Work towards not using them at all.

2. Heel raise



Stand tall, feet hip-width apart. Hold chair if needed. Lift heels off the floor onto toes.
Soften knees.
Lift and lower slowly.
Aim to take 3-5 seconds to lift and the same time to lower.
Try to do this 8-10 times.
This will help strengthen your feet and calf muscles.

Tip: When this becomes easier, try not to hold on to your chair or try single leg heel raises.

3. Toe raise



Stand tall, feet hip-width apart. Hold chair if needed.
Lift the front of your feet off the floor so your weight is through your heels.
Aim to lift and lower the foot slowly.
Try to do this 8-10 times.
This will help strengthen your ankles and shins.

Tip: Try not to stick your bottom out. To challenge yourself more, try not to use as much support.

4. Heel toe stand



Stand tall, feet hip-width apart. Hold support if needed. Place one foot in front of the other so you form a straight line.
Look ahead and balance for 10 seconds. Take feet back to hip-width apart and repeat with the other foot in front.
Try to do this 6-8 times.
This will improve your balance and ankle strength.

Tip: Challenge yourself by trying to use your support less and holding your position for longer.

5. Heel to walk



Stand tall, feet hip-width apart. Hold on for extra support. Place one foot in front of the other so you form a straight line.
Without holding on try to walk in a straight line.
Try to do this 6-8 times.
This will help strengthen your feet and improve balance.

Tip: When you gain confidence try not to use any support and then try to increase the time you walk.

6. One leg stand



Stand tall with a chair close by and hold. Balance on one leg, keep your supporting leg straight but soften your knee.
Hold. Repeat on the other leg.
Try to do this 8-10 times.
This will help strengthen your ankles and improve balance.

Tip: Once you feel confident try to hold on less and hold your position for longer.

Strength

1. Upper back



Sit tall, towards the front of your chair, hold band with your palms facing upwards and your wrists straight.
Pull your hands apart then draw the band towards your hips, squeeze your shoulder blades together.
Release slowly and repeat.
Try to do this 8-10 times.
This will help improve your posture.

Tip: Keep your back straight and relax your shoulders.

2. Thigh strengthener



Sit tall towards the front of your chair. Clasp the band in each hand, place the middle part of the band under your foot securely.
Hands stay near hips.
Press heel away until your leg is straight then hold. Keep your heel near the floor.
Try to do this 8-10 times.
This will help to strengthen your legs.

Tip: When this becomes easy try to do more.

3. Arm curl



Sit tall, towards the front of your chair. Place one end of the band under both feet. Hold the other end of the band at knee level.
Keeping your elbow tucked in, curl your fist towards your shoulder. Keep your wrist still.
Lower slowly.
Try to do this 8-10 times.
This is strengthening your arms.

Tip: Aim to lift for the count of 2 and lower for the count of 2.

4. Outer thigh



Sit tall near the front of your chair. Wrap the band around your legs (keeping the band as flat as possible). Keep your feet flat on the floor and move knees outwards and this will help to strengthen your hips.
Hold for the count of 5 seconds. Repeat as advised.
Try to do this 8-10 times.
This will strengthen your legs.

Tip: Challenge yourself by doing more or increasing the band level.

5. Wrist strengthener



Fold or roll up your band into a tube shape. Squeeze the band tightly with both hands, hold for 5 seconds and release.
Try to do this 8-10 times.
This will help with your grip.

Tip: Challenge yourself by squeezing and twisting your band before holding.

Remember to work all your movements in a slow and controlled manner.

Always look ahead, not down at the floor or feet

Cool down: seated stretches

1. Shoulder rolls



Looking ahead, sit tall. Roll your shoulder up towards your ears and sink your shoulder down your back slowly.

Repeat 8-10 times.

3. Torso twists



Sitting towards the front of your chair. Arms in front, exhale, twist and hold. Return to the centre and repeat the other way.

Repeat 8-10 times.

5. Chest stretch



Staying seated, place hands on your lower back, try to squeeze your shoulder blades together. Lift your chin. Lengthen your collar bone.

Hold 15-20 seconds.

2. Side bends



Sit tall at the front of your chair. Exhale and drop down to one side, lift slowly and swap sides. Drop down for the count of 2 and rise for the count of 2.

Repeat 8-10 times.

4. Upper back stretch



Clasp your hands together, lengthen them in front of you. Take your chin towards your chest. As you breath out, reach forward. Feel stretch across shoulders and upper back.

Hold 15-20 seconds.

6. Hamstring stretch



Staying at the front of the chair. Sit tall, take one foot forward, lengthen, toes facing towards you. With your back straight, lean forward and hold.

Hold 15-20 seconds each leg.

Always ensure you complete a cool down to finish

For help and advice

buzz Health and Wellbeing service

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