

Stay Strong, Stay Steady Exercises

designed by the Falls Prevention Service to reduce your risk of falling

Physiotherapy and Occupational Therapy Department

What is this leaflet about?

This leaflet is about exercises that are designed to help improve your strength, balance and mobility.

Who is the leaflet for?

This leaflet was designed by the Falls Prevention Service and is for patients who have been assessed and issued with these exercises. It explains how to do the exercises and how often to do them. It provides advice on what to do if you experience any problems.

Who should I talk to if I have any questions or concerns about this leaflet?

Please contact your prescriber if you have any concerns regarding this leaflet. Also if you find the exercises too difficult or too easy.

These exercises were prescribed by:

.....

Contact no:.....

Falls Prevention Service 01902 444502.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Why exercise?

Benefits of regular exercise are: improved balance, coordination, strength and flexibility and therefore a reduced risk of falling. It can also improve your posture, mood, and general health including reducing pain associated with different medical conditions, such as arthritis.

You need to exercise regularly – a minimum of 5 times a week – and it needs to be on-going.

Research shows that when you stop exercising regularly, you lose the benefits you gained. Research also shows that the older you are, the more likely you are to benefit from regular exercise.

What and Why?

Warm Up (pages 10-11)

- Always begin with the warm up to increase your circulation, prepare your muscles and joints for the exercises and prevent injury.

Mobility exercises (pages 12-14)

- Help to prevent joints becoming stiff and maintain a good range of movement.

Stretches (pages 15-17)

- Keep muscles long and supple.

Strengthening exercises (pages 18-22)

- For your muscles and bones. These improve your mobility and can reduce pain. They make everyday tasks easier to perform.

Balance exercises (pages 21-25)

- Help to reduce your risk of falling and your fear of falling.

(Exercises on page 21 and 22 are very effective for both strengthening and balance)

Cool Down (page 26)

- Maintains flexibility and helps the body to relax after exercising.

Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Safety

Make sure you exercise in a safe environment;

- Ensure you have something firm in front of you to hold onto that doesn't move
- Wear comfortable clothing and supportive footwear
- Ensure there are no trip hazards in the area, e.g. pets or rugs
- Keep a knee height chair close by so you can rest if needed
- Whilst exercising, if you experience any chest pain, dizziness or severe shortness of breath, stop immediately and seek further medical advice. If symptoms are severe or do not resolve after 15 minutes of rest you should seek urgent medical advice
- Your prescriber will tick the exercises recommended for you to practice.

You may feel a bit stiff or ache a little after you first exercise. This is quite normal. It is important to keep exercising. The stiffness will decrease as your body becomes used to the exercises.

Diary

Add in the dates for the next 12 weeks. Tick for each day you practice your exercises.

Week commencing	Mon	Tue	Wed	Thu	Fri	Sat	Sun

For these exercises to become a life time habit continue to record them here.

Week commencing	Mon	Tue	Wed	Thu	Fri	Sat	Sun

The website 'www.wolverhampton.gov.uk/win' contains useful information on services and groups in your area to support you with exercise, hobbies and general wellbeing.

Goals Setting

Some examples could be;

- Getting washed, getting dressed, cooking, reaching the top shelf, putting out the bins, pegging out the washing or going to the shops

Think about how confident you feel completing these tasks at the moment. Rate these activities on a scale of 0 – 10, with 10 meaning fully confident and having no concerns carrying out the task. Revisit these goals after you have completed your 12 weeks of exercise to see how your confidence has improved.

.....

.....

0 1 2 3 4 5 6 7 8 9 10

.....

.....

0 1 2 3 4 5 6 7 8 9 10

.....

.....

0 1 2 3 4 5 6 7 8 9 10

.....

.....

0 1 2 3 4 5 6 7 8 9 10

.....
.....
0 1 2 3 4 5 6 7 8 9

At the end of the programme, revisit these activities, how do you feel about them now?

Chair March



- Sit up straight and away from the back of the chair
- Hold onto the chair
- In a controlled manner, lift each foot off the floor one at a time, bringing the knee towards your chest and place it down again
- Build this into a comfortable rhythm
- Continue for 30 seconds.

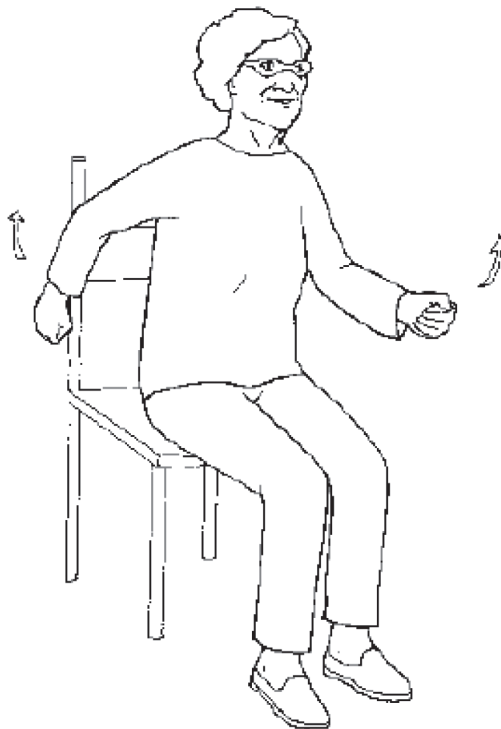


©Physiotools

Arm Swings



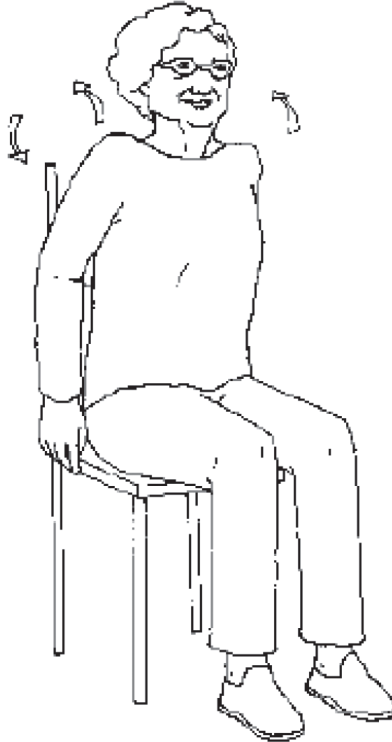
- Sit up straight and away from the back of the chair
- Place your feet flat on the floor below your knees
- Bend your elbows and swing your arms from the shoulder
- Build this into a comfortable rhythm
- Continue for 30 seconds.



Shoulder Circles



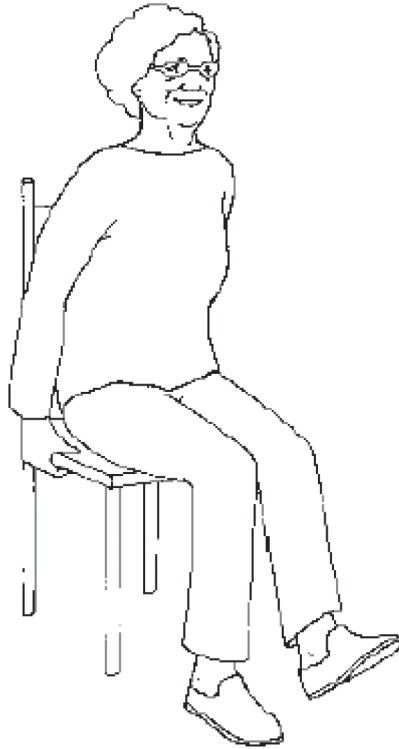
- Sit up straight and away from the back of the chair with your arms at your side
- Lift both shoulders up to your ears, draw them back, squeezing the shoulder blades together and bring them down again
- Repeat slowly 6 times.



Ankle Flexibility



- Sit up straight and away from the back of the chair
- Hold the sides of the chair
- Place the heel of one foot on the floor, then lift your foot and put your toes down on the same spot
- Do this 6 times with your right ankle, followed by 6 times with your left ankle.



Trunk Twist



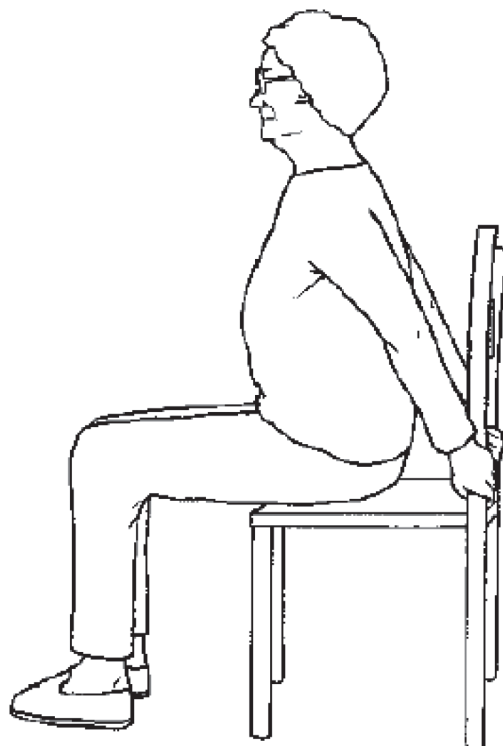
- Sit up straight and away from the back of the chair
- Fold your arms across your chest
- In a controlled manner, turn your upper body to look over one shoulder
- Return to the centre and check your posture
- Turn to look over your other shoulder
- Repeat 5 times on each side



Chest Stretch



- Sit up straight and away from the back of the chair
- Reach behind with both arms and hold the base of the back of the chair
- Lift your chest forwards and upwards until you feel the stretch across your chest
- Hold for 8 seconds.



Back of Thigh Stretch



- Sit up straight and away from the back of the chair
- Place your left foot flat on the floor, then straighten your right leg out in front with your heel on the floor
- Place both hands on your left leg and lean forwards until you feel the stretch in the back of your right upper leg
- Hold for 8 seconds, then repeat on your other leg



©Physiotools

Calf Stretch



- Sit up straight and away from the back of the chair
- Place your left foot flat on the floor, then straighten your right leg out in front with your heel on the floor
- Place both hands on the left upper leg, and sit up straight
- Pull your toes on your right leg towards you until you feel the stretch in the back of your lower leg
- Hold for 8 seconds and repeat on your other leg.



©Physiotools

Front of Knee Strengthening □

- Sit up straight with your back well supported
- Slowly straighten one leg out in front of you and hold for a count of 10 seconds
- Slowly lower the leg down
- Repeat this exercise 5 times with each leg.



©Physiotools

Sit to Stand



- Sit up straight on a knee height chair (without arms if possible)
- Move your bottom to the front third of the chair
- Place your feet flat on the floor, slightly behind your knees, feet hip width apart
- Lean slightly forwards and look straight ahead
- Stand up (using the arms of the chair if necessary). Repeat 5 times.



©Physiotools

Back of Knee Strengthening □

- Stand up straight facing the kitchen worktop or a sturdy chair, hold on with one or both hands and look ahead
- Bend the knee slowly, bringing the foot towards your bottom. Keep your knees together
- Hold for 5 seconds, then slowly lower
- Repeat 5 to 10 times with each leg.



©Physiotools

Calf Raises



- Stand up straight facing the kitchen worktop or a sturdy chair, hold on with one or both hands and look ahead
- Place your feet shoulder width apart
- Come up onto your toes and hold for 5 seconds, before slowly lowering again.
- Repeat this 10 times.



©Physiotools

Knee Bends



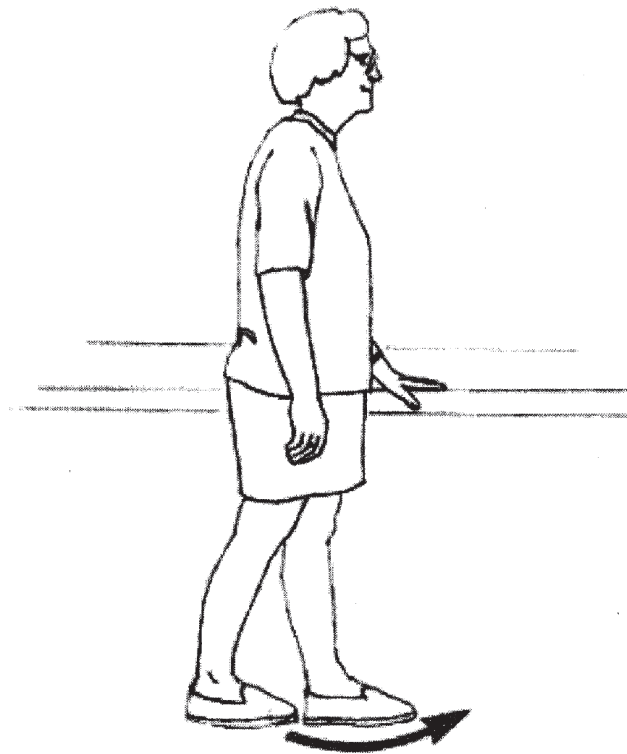
- Stand up straight facing the kitchen worktop or a sturdy chair, hold on with one or both hands and look ahead
- Place your feet shoulder width apart
- Bend your knees and take your bottom backwards as if to sit down
- Make sure your heels do not lift off the floor, and your knees are over your toes
- Keep your back straight as you lower
- Slowly rise up again and repeat 5 to 10 times.



Heel Toe Standing



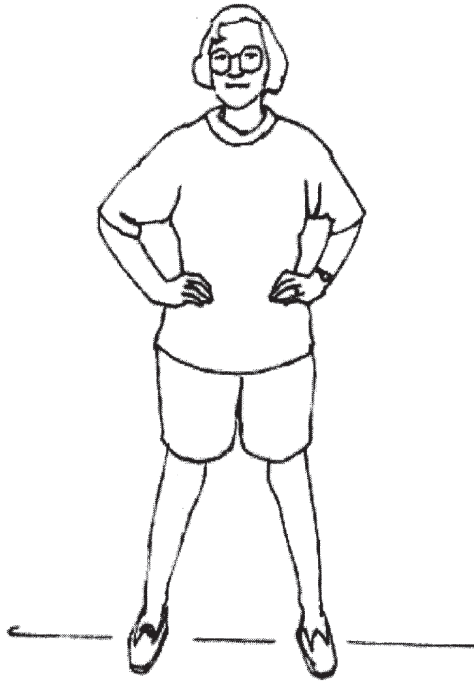
- Stand up straight facing the kitchen worktop or a sturdy chair, hold on with one or both hands and look ahead
- Place one foot directly in front of the other foot so the feet form a straight line
- Hold this position for 10 seconds
- Swap your feet and hold again for 10 seconds
- Repeat this exercise 3 times.



Sideways Walking



- Stand up straight facing the kitchen worktop or a sturdy chair, hold on with one or both hands and look ahead
- If you are able, place your hands on your hips rather than the worktop
- Walk sideways the length of the worktop to the left
- Then walk sideways the length of the worktop to the right
- Repeat 3 to 4 lengths of your worktop in each direction.



One Legged Stand



- Stand up straight facing the kitchen worktop or a sturdy chair, hold on with one or both hands if necessary'
- Balance on one leg, and hold for 10 seconds
- Place the foot down, and check your posture
- Repeat on your opposite leg
- Repeat 3 to 5 times with each leg.



©Physiotools

Cool Down

- Chair march (page 10) at a relaxed pace for 1 to 2 minutes

Repeat the 3 stretches from the warm up but now do each stretch twice:

- Chest stretch (page 15)
- Back of thigh stretch (page 16)
- Calf stretch (page 17).

Congratulations! You have completed your exercises for today. Try to exercise every day and a minimum 5 times a week.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。