Dunfermline & West Fife Community Health Partnership Learning Disability Physiotherapy Service, Lynebank Hospital Dunfermline 01383 565253



Supporting the people of Fife together

Strength and Balance Retraining Exercise Programme.

Seated Warm Up

Seated Marching

- Sit in your chair
- · Lift your knees as if you are marching
- Swing your arms at the same time
- Count 20 steps

Ankle Pumps

- Lift your heels
- Point your toes to the ground

- Lift your toes
- Push your heels to the ground
- Do this10 times











Knee Exercise

• Sit on a chair

- Lift one foot off the floor and straighten your leg
- Slowly lower to the floor
- Do this with your other leg
- Do this 5 times





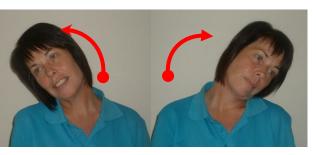
Arm Lifts

- Sit in your chair
- Hands at shoulders
- Push arms straight up
- Lower back to start position
- Do this 10 times



Neck Exercises - don't stretch through pain

- Put your chin on your chest
- Count to 5



- Tilt your head to the side
- Count to 5
- Tilt your head to the other side
- Count to 5



- Turn your head to the side
- Count to 5
- Turn your head to the other side
- Count to 5



Bicep Curls

- Sit in your chair
- Straighten your arms
- Bend your elbows
- Do this 10 times





<u>Heel Digs</u>

- Sit in your chair
- Tap your left heel out in front
- Bring your foot back
- Touch your right heel out in front
- Bring your foot back
- Do this 10 times





<u>Rowing</u>

Sit in your chair

- Push your hands straight in front
- Pull your hands back to your chest
- Like you are rowing
- Do this 10 times

Standing Exercises



1. Marching

- Stand at kitchen worktop
- Hold on with both hands
- March on the spot
- Lift your knees up high
- Count 20 steps





2. Mini Squat

- Stand facing the kitchen worktop
- Hold on with both hands
- Feet slightly apart.
- Bend your hips and knees slightly
- Stand up straight again
- Do this10 times

3. Leg lift to side

- Stand facing the kitchen worktop
- Hold on with both hands
- Lift your leg out to side
- Feet back together
- Do this10 times
- Do this 10 times with the other leg







4. Tip Toe Stand

- Stand facing the kitchen worktop
- Hold on with both hands
- Push up onto your tiptoes
- Do this 10 times

5. Single Leg Stand

- Stand facing the kitchen worktop
- Hold on with both hands
- Stand on your right leg
- Count to 5
- Stand on your left leg
- Count to 5
- Repeat 5 times

6. <u>Step Backs</u>

- Stand facing the kitchen worktop
- Hold on with both hands
- Step one foot backwards
- Bring foot back to start
- Do this 10 times
- Do this again with other leg





7. Sit to Stand

- Sit in a chair
- Slowly stand up straight
- You can use your arms to help
- Slowly sit back down
- -You can use your arms to help
- Do this 5 times