

Standing Ankle Dorsi Flexion

- Stand 30cm from wall
- Lean back against wall
- Point toes up toward ceiling, pause
- Relax toes down



Complete 1-3 sets of 8-12 repetitions. Rest 60s between sets.

Stand Ups From Chair - Double Leg

- Sit upright in a chair or on a box
- Feet slightly wider than hip width apart
- Arms across chest
- Lean forward slightly & stand
- Lower slowly back to the chair & repeat
- Vary chair height to vary the load
- Use minimal momentum to stand
- Maintain upright posture throughout



Complete 1-3 sets of 8-12 repetitions. Rest 60s between sets.

Standing Hip Abduction

- Stand, hold for support if needed
- Lift one leg out to the side inline with body
- Toes face straight ahead
- Aim to lift leg to around 30 degrees
- Slowly lower and repeat
- Control the action, do not swing



Complete 1-3 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Body Weight

- Feet hip width apart, arms by side
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout



Complete 1-3 sets of 8-12 repetitions. Rest 60s between sets.

Standing Leg Curl - Body Weight

- Stand on one leg, use support if necessary
- Keep thigh in neutral position & bend foot toward buttock
- Lower foot slowly & repeat as directed
- Add ankle weight for added resistance



Complete 1-3 sets of 8-12 repetitions. Rest 60s between sets.

Calf Raise - Double Leg

- Stand, use wall or chair for balance
- Feet hip width apart
- Stand tall on tippy toes
- Pause, lower and repeat



Complete 1-3 sets of 8-12 repetitions. Rest 60s between sets.

Tandem Stance

- Stand in a doorway or near a wall for safety
- Stand with one foot in front of other heel to toe
- Hold balance for required time
- WHEN ABLE: progress to holding only with fingertips, then without holding on

Complete 2 sets of 30secs repetitions. Rest between sets.

Balance with feet together

- Stand in a doorway or near a wall for safety
- Stand with both feet close together
- Hold balance for required time
- WHEN ABLE: progress to holding only with fingertips, then without holding on

Complete 2 sets of 30secs repetitions. Rest between sets.

Single Leg Balance - Foot Touchdowns

- Stand on one leg in the centre of marked compass formation
- Extend the leg & touch the toe on each point of the compass
- Reach as far as possible while maintaining good balance & posture



Complete 1-3 sets of 2-5 repetitions. Rest 60s between sets.

Marching High Knees - In Place

- March up & down on the spot
- Emphasise high knee action
- Emphasis extension of the stance leg



Complete 1-3 sets of 10-15 repetitions. Rest 60s between sets.