

FALL PREVENTION: EXERCISES FOR BALANCE AND STRENGTH

The following exercises are to help improve balance and strength. Use a chair or counter for support as needed. As you start becoming more confident, increase the number of repetitions for each exercise. When performing these exercises make sure to always keep your core engaged.



Single Leg Balance:

Standing behind a chair or counter for support, with feet flat on the floor. Lift one leg and balance on the other for 30 seconds. Repeat on both sides.



Calf Raises:

Standing up straight in front of a chair or counter, raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Repeat 10 times.



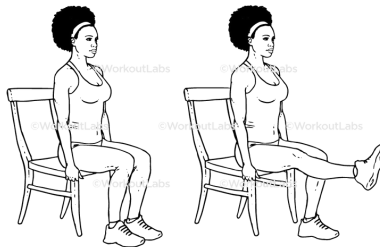
Standing Hip Extension:

Holding onto a chair or counter with feet flat on the ground. Slowly kick one leg backwards and return. Make sure to keep your back straight. Repeat 10 times on each leg.



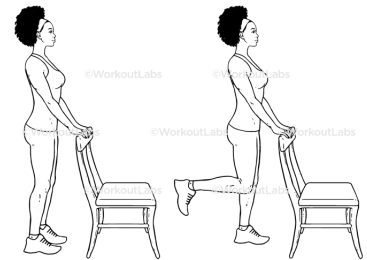
Standing Hip Abduction:

Standing behind a chair for support, slowly move your leg out to the side and back. Repeat 10 times on each leg.



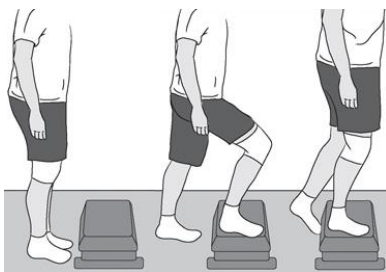
Leg Extension:

Sitting in a chair, slowly extend one leg upwards and hold for 2-3 seconds at the top, then lower. Repeat 10 times on each leg.



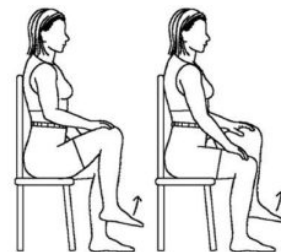
Leg Curls:

Standing behind a chair or counter, slowly curl one leg upwards towards your buttocks, hold for 2-3 seconds then lower back down. Repeat 10 times on each leg.



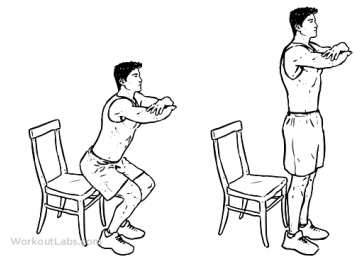
Step Up Variations:

1. Holding onto a chair or counter, lift one knee up to hip level and hold for 3 seconds, then lower. Repeat 10 times on each side.
2. Place one foot up on a stair or raised surface (ex. aerobic step platform). Holding onto a chair or counter, slowly step up, then lower back down. Repeat 10 times on each leg.



Seated March:

Sitting in a chair, with your back straight and feet flat on the floor, slowly lift one leg at a time in a marching manner. Keep your core braced. Repeat 5-10 times on each leg.



Sit to Stands or Chair Squats:

Start by sitting on a chair with feet planted on the floor. Slowly stand up without using arms. If that is too difficult, use a pillow on the chair to add height. Repeat 10 times. You can also do this standing behind a chair.