EXERCISE CARDS

Index

1. Lower Limbs
2. Strength and Balance
3. Walking
Handy Hints

• Do not exercise if you feel unwell, dizzy, light headed, or have an unusual pain
• Stop exercising if you feel dizzy, short of breath or experience an increased or different pain.
• Stop the exercise if you do not feel safe
• Use hand support, eg kitchen bench, until advised otherwise
Handy Hints

- Progress exercises in small steps by:
  - Reducing hand support ... use the kitchen sink or bench, the back of a heavy chair, a table or a suitable rail for support
  - Move your feet closer together
  - Increasing the number of repetitions
  - Increasing the time you exercise
  - Using light weights

Translated Home Based Strength and Balance Exercise Cards.
Created by Calvary Community Health Kogarah Community Physiotherapists. Photos courtesy of Lindsay Hewson
Handy Hints

• Integrate exercises into daily activities
  • Doing balance exercises while waiting for the kettle to boil or washing up at the kitchen sink
  • Get in and out of chair a number of times instead of just once
  • Walk the stairs twice instead of once.
  • Exercise in front of the TV

Translated Home Based Strength and Balance Exercise Cards.
Created by Calvary Community Health Kogarah Community Physiotherapists. Photos courtesy of Lindsay Hewson
Card 1  ENGLISH
Sit Marching

• Lift your knee towards your chest
Card 2  ENGLISH
Sitting, Hip abduction

- Lift your leg out to the side of the chair
• Straighten your knee
Card 4  ENGLISH
Sitting, Feet rocking

• Lift your heels
• Lift your toes

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Sit to Stands

- Stand up
- Then sit down
Card 6  ENGLISH
Marching

• March on the spot
• Bend your knees
• Lift your leg sideways
**Card 8  ENGLISH**

**Hip extension**

- Straighten your knee
- Lift your leg backwards
Card 9  ENGLISH
Knee bends

• Stand still
• Bend your knees
Card 10  ENGLISH
Heel raises

• Hold the rail
• Lift your heels
• Lift your toes
Bend your knee
Feet apart steady standing

- Feet apart
- Stand still
- Keep your balance
Card 13  ENGLISH
Feet apart steady standing
Turning head and shoulders

• Feet apart
• Stand still
• Keep your balance
• Turn to the right
• Turn to the left
Card 14  ENGLISH
Feet apart steady standing
Moving arms

• Feet apart
• Stand still
• Keep your balance
• Lift your arms forwards
• Lift your arms sideways.

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Card 15  ENGLISH
Feet together steady standing

• Feet together
• Stand still
• Keep your balance

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Card 16  ENGLISH
Feet together steady standing
Moving head and shoulders

• Feet together
• Stand still
• Keep your balance
• Turn to the right
• Turn to the left

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Card 17  ENGLISH
Feet together steady standing
Moving arms

• Feet together
• Stand still
• Keep your balance
• Lift your arms forwards
• Lift your arms sideways.

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• Take a step
• Stand still
• Keep your balance
Card 19 ENGLISH
Feet step standing steady standing
Turning head and shoulders

• Take a step
• Stand still
• Keep your balance
• Turn to the right
• Turn to the left

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Card 21  ENGLISH
Feet step standing steady standing
Moving arms

• Take a step
• Stand still
• Keep your balance
• Lift your arms forwards
• Lift your arms sideways.
Card 21  ENGLISH
Feet tandem steady standing

• Place heel in front of toes
• Stand still
• Keep your balance
• Stand on one leg
• Keep your balance
Feet apart, Reaching forwards

- Feet apart
- Stand Still
- Reach forwards
Feet apart, Reaching sideways

- Feet apart
- Stand Still
- Reach sideways
Card 25  ENGLISH
Feet together, Reaching forwards

• Feet Together
• Stand Still
• Reach forwards
Card 26  ENGLISH
Feet together, Reaching sideways

• Feet Together
• Stand Still
• Reach sideways

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Card 27  ENGLISH
Forward foot taps

• Face the step
• Tap your toe on the step
Sideways foot taps

- Turn sideways
- Tap your foot on the step
Forwards step ups

- Face the step
- Step up onto step
- Step down
Card 30  ENGLISH  
Sideways step ups

• Turn sideways
• Step up onto step
• Step down
• Walk forwards
Card 32 ENGLISH
Walk backwards

- Walk backwards
• Walk sideways
• Walk forwards heel to toe
• Walk in the shape of an eight
Translated Home Based Strength and Balance Exercise Cards.
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Acknowledgements

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