

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

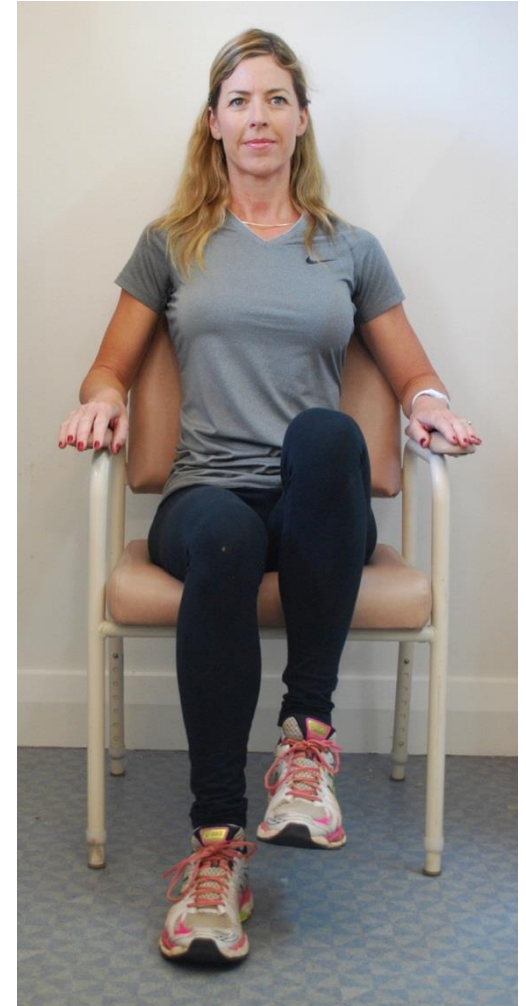
Handy Hints

- 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

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- Lift your knee towards your chest



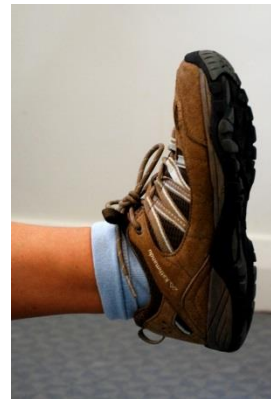
- Lift your leg out to the side of the chair



Card 3 ENGLISH

Sitting, knee straightening

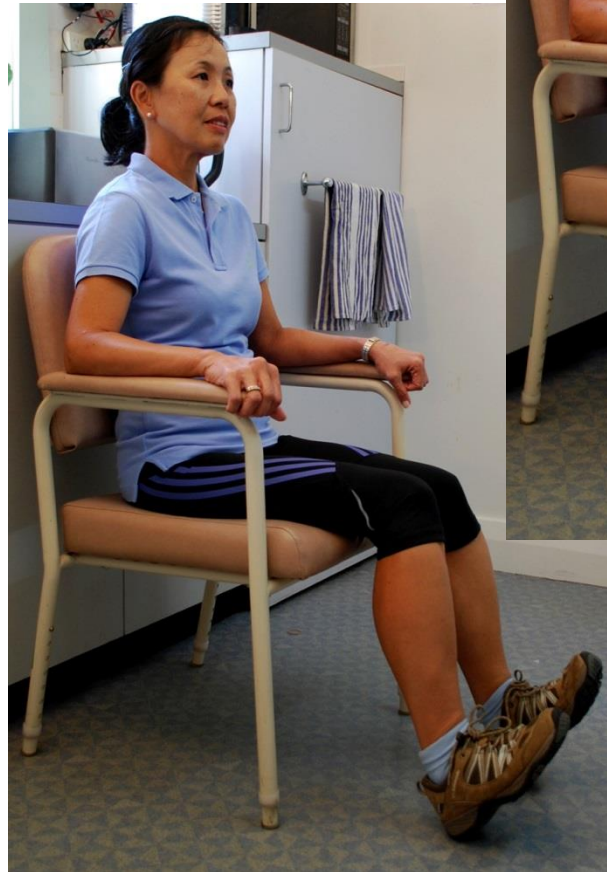
- Straighten your knee



Card 4 ENGLISH

Sitting, Feet rocking

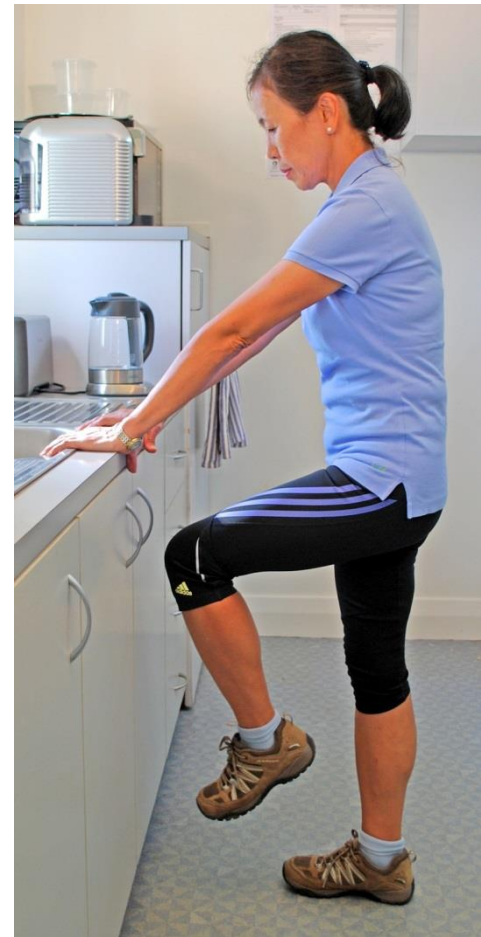
- Lift your heels
- Lift your toes



- Stand up
- Then sit down



- 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

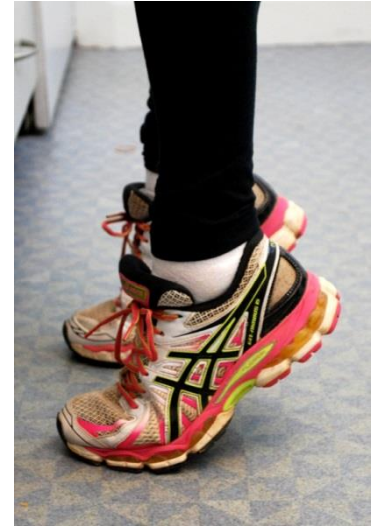
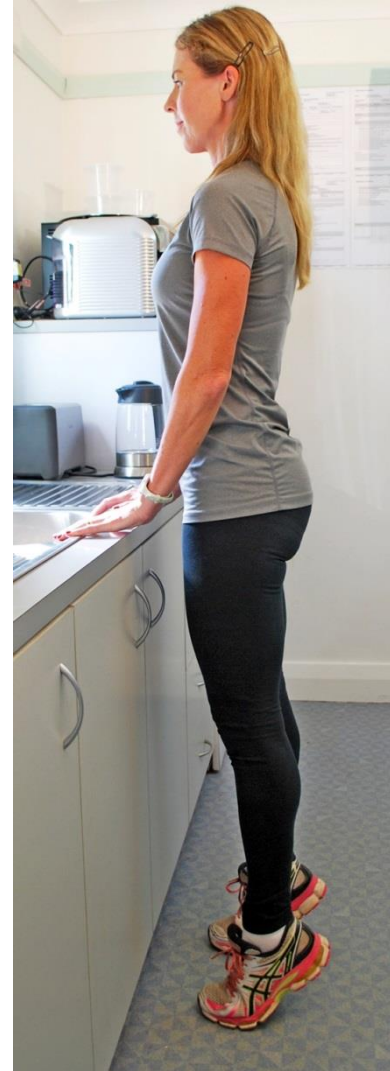
- Stand still
- Bend your knees



Card 10 ENGLISH

Heel raises

- Hold the rail
- Lift your heels
- Lift your toes



- Bend your knee



- Feet apart
- Stand still
- Keep your balance



Feet apart steady standing
Turning head and shoulders

- Feet apart
- Stand still
- Keep your balance
- Turn to the right
- Turn to the left



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



- Feet together
- Stand still
- Keep your balance



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



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.



- Place heel in front of toes
- Stand still
- Keep your balance



Card 22 ENGLISH

Single leg stand

- Stand on one leg
- Keep your balance



- Feet apart
- Stand Still
- Reach forwards



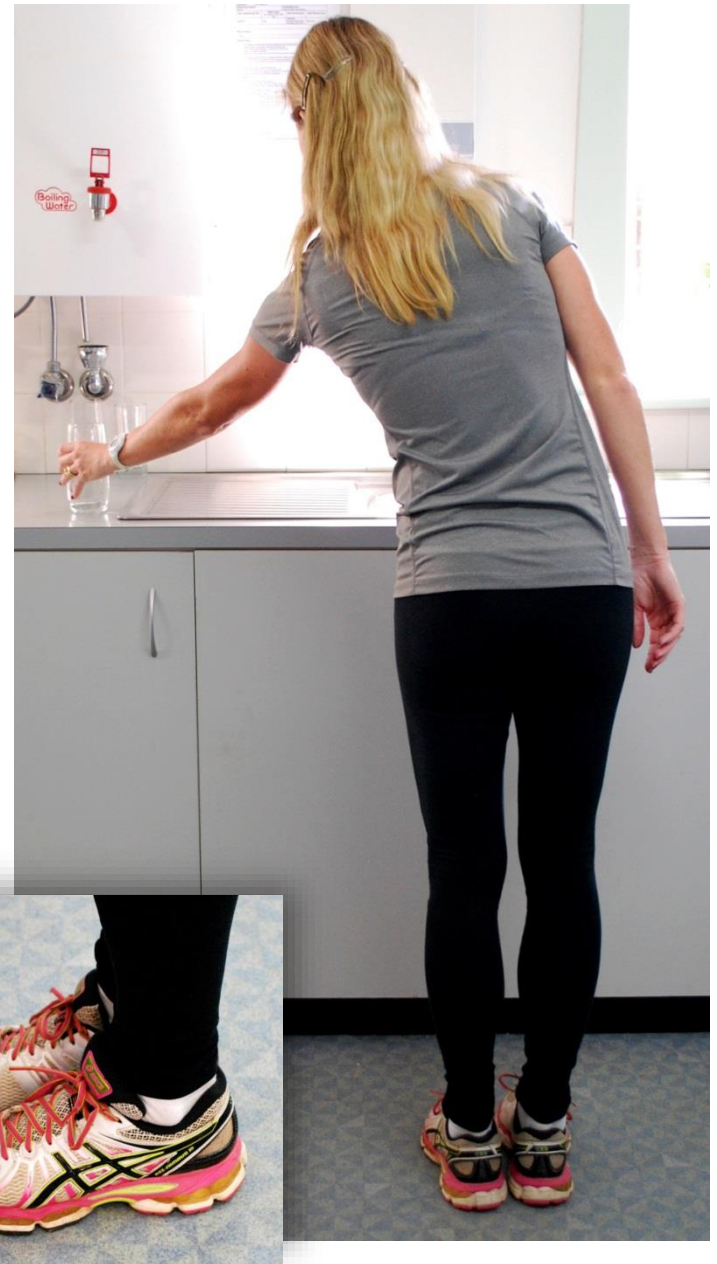
- Feet apart
- Stand Still
- Reach sideways



- Feet Together
- Stand Still
- Reach forwards



- Feet Together
- Stand Still
- Reach sideways

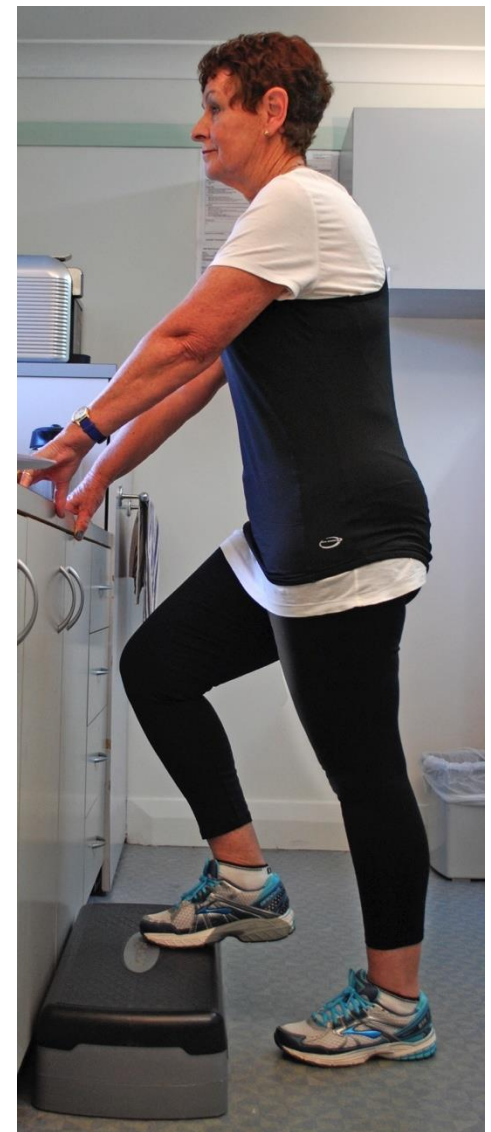
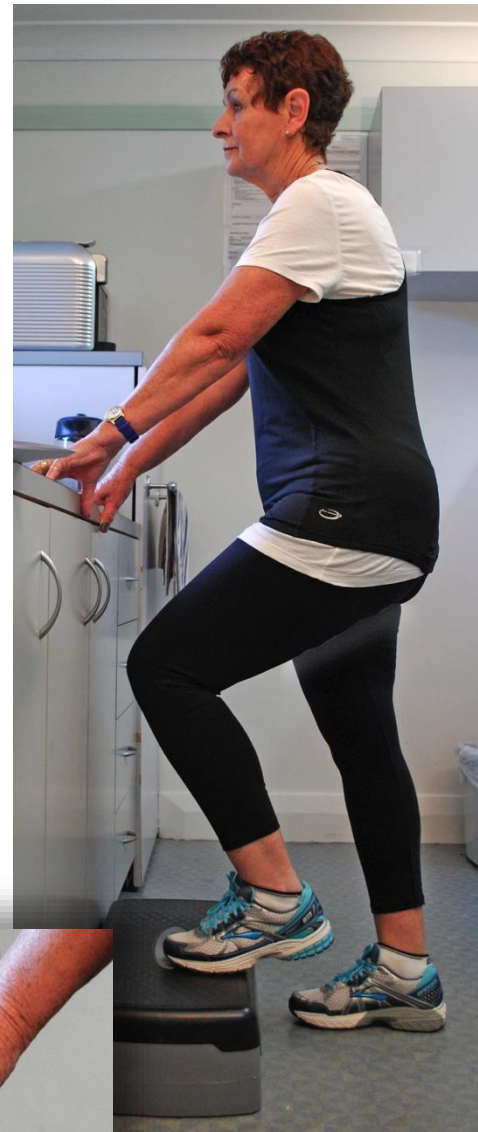


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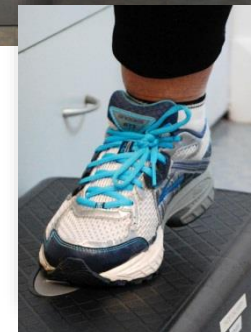
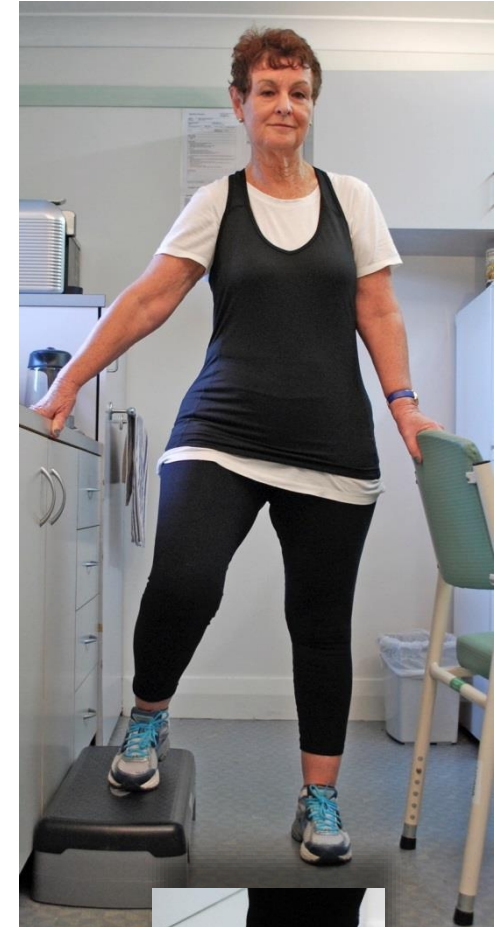
Card 27 ENGLISH Forward foot taps

- Face the step
- Tap your toe on the step

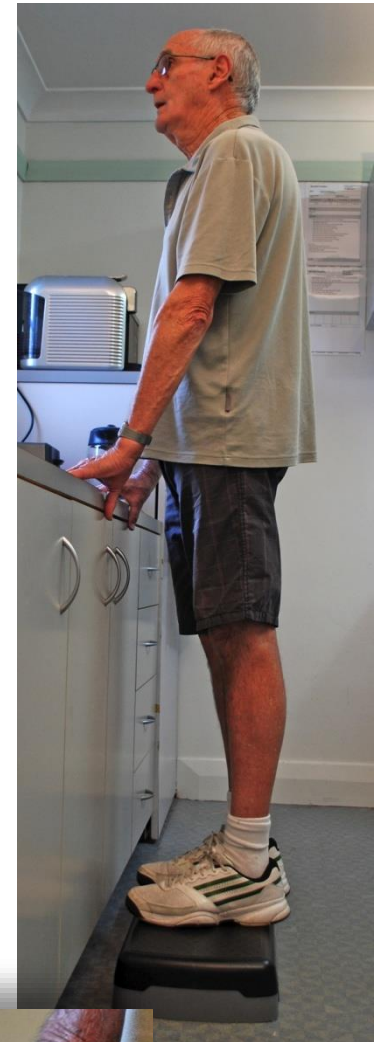


Card 28 ENGLISH Sideways foot taps

- Turn sideways
- Tap your foot on the step



- Face the step
- Step up onto step
- Step down

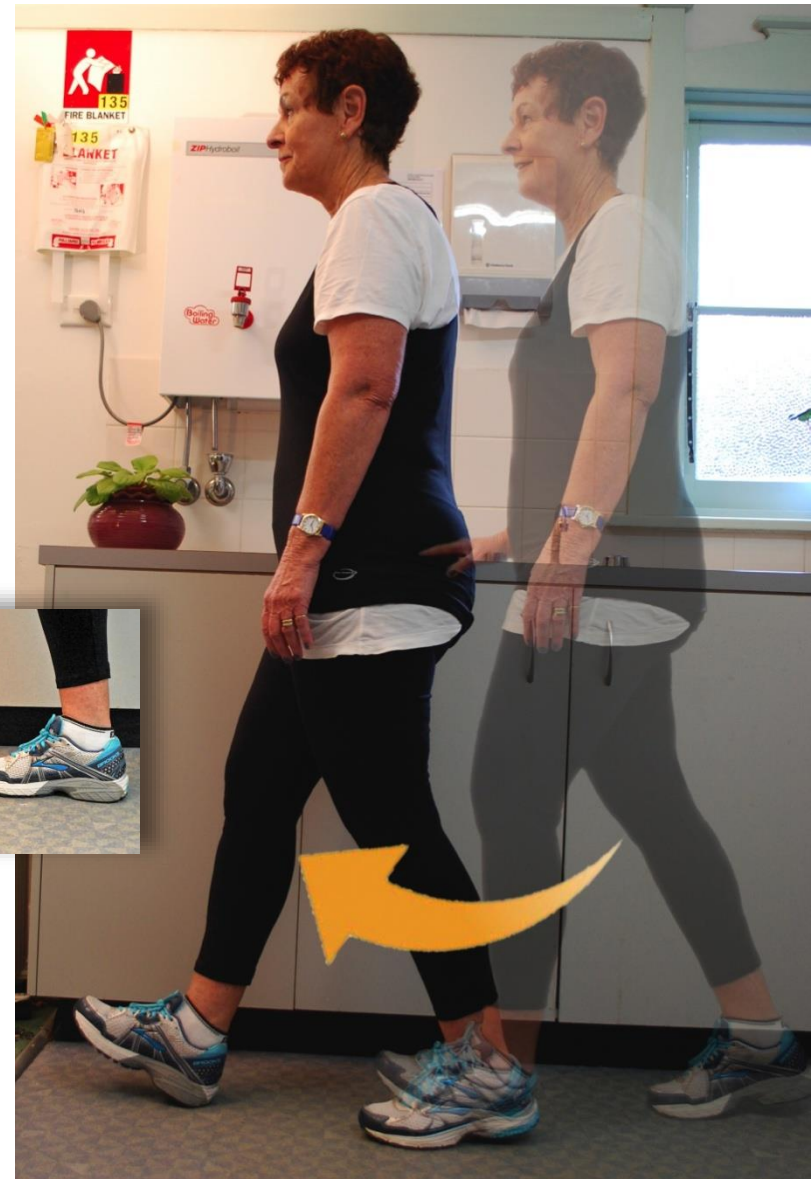


Card 30 ENGLISH Sideways step ups

- Turn sideways
- Step up onto step
- Step down



- Walk forwards



- Walk backwards



- Walk sideways



Card 34 ENGLISH Tandem walk

- Walk forwards heel to toe



Card 35 ENGLISH
Figure of eight walking

- Walk in the shape of an eight



- 1

- 2

- 3

- 4

- 5

- 6

- 7

- 8

- 9

- 10

Acknowledgements

- **Members of the working party**

Lynelle Bartram, Meng Chen, Simone Edwards, Carmel Illsley, Pauline McGrath, Annette Mooney, Rhonda Passlow

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- **And from the consumer perspective**

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