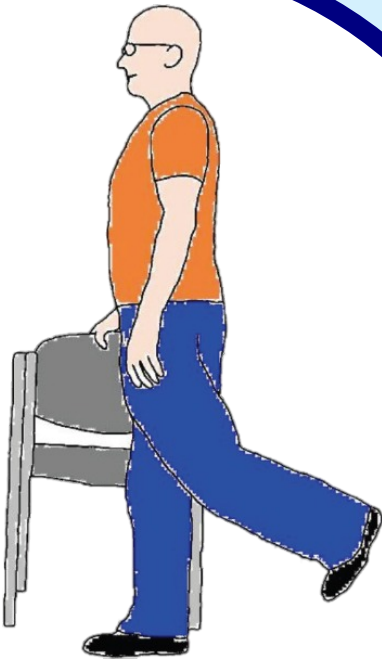


# POSTURAL STABILITY STRENGTH & BALANCE

Home Exercise Programme



**laterLife**  
training.

Postural  
Stability  
Instructor

<http://www.laterlifetraining.co.uk/>

Do you want to live life to the full? Doing the exercises in this booklet at least twice a week. in addition to taking a daily walk can help keep you strong and walk steadily, reducing the risk of falls.

These exercises have been used in strength and balance programmes across the world and are based on the Falls Management Exercise (FaME) Programme, delivered by Postural Stability Instructors (CSIs), which has been shown to reduce falls and injuries due to falls.

Ideally, set aside a time to do all (or some) of the exercises at once. Alternatively you can do these exercises as part of your everyday routine - for example try a one leg stand while waiting for the kettle to boil, or do the sit to stand exercise during the advertisements on television.

# Safety

Ensure that the chair you use is sturdy and stable. Wear comfortable clothes and supportive footwear.

Prepare a space and have your exercise band and a glass of water (for afterwards) ready before you start.

While exercising, if you experience chest pain, dizziness or severe shortness of breath, **stop immediately** and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

If you experience pain in your joints or muscles, stop, **check your position** and try again. If the pain persists, seek advice from your Postural Stability Instructor.

However, feeling your muscles working or slight **muscle soreness** the next day after exercise is **normal** and shows that the exercises are working.

Breathe normally throughout and try not to hold your breath.

Aim to do these exercises twice per week **in addition** to your exercise class.

**If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.**

**Please read Disclaimer at the back of this booklet.**

# Warm Up Exercises

Always begin with a warm up to prepare your body for the main exercises.

There are 4 warm up exercises.

Try to complete them **all**.

TIP:

While waiting for  
the kettle to boil.

Alongside the exercises are tips or suggestions of when you could do these exercises in your own daily routine, to help make them more of a habit.

# March

- Stand (or sit) tall.
- Hold the back (or sides) of the chair.
- March with control.
- Build to a rhythm that is comfortable for you.
- Continue for 1-2 minutes.

**TIP:**

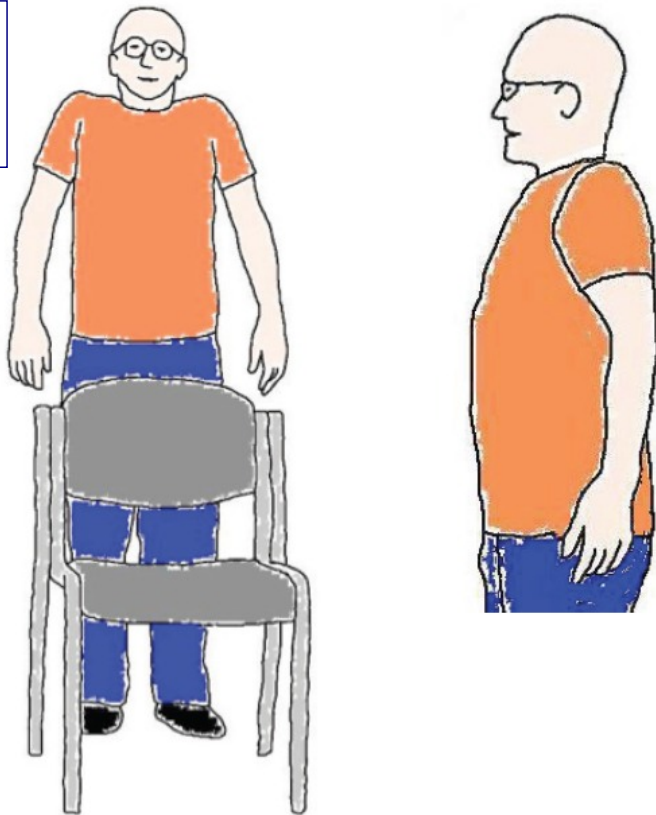
At the kitchen  
table.



# Shoulder circles

- Stand (or sit) tall with your arms at your sides.
- Lift both shoulders up to your ears, draw them backwards, then press them down and relax.
- Repeat slowly 5 times, making the movement as big as possible.

TIP:  
After you have  
cleaned your  
teeth.

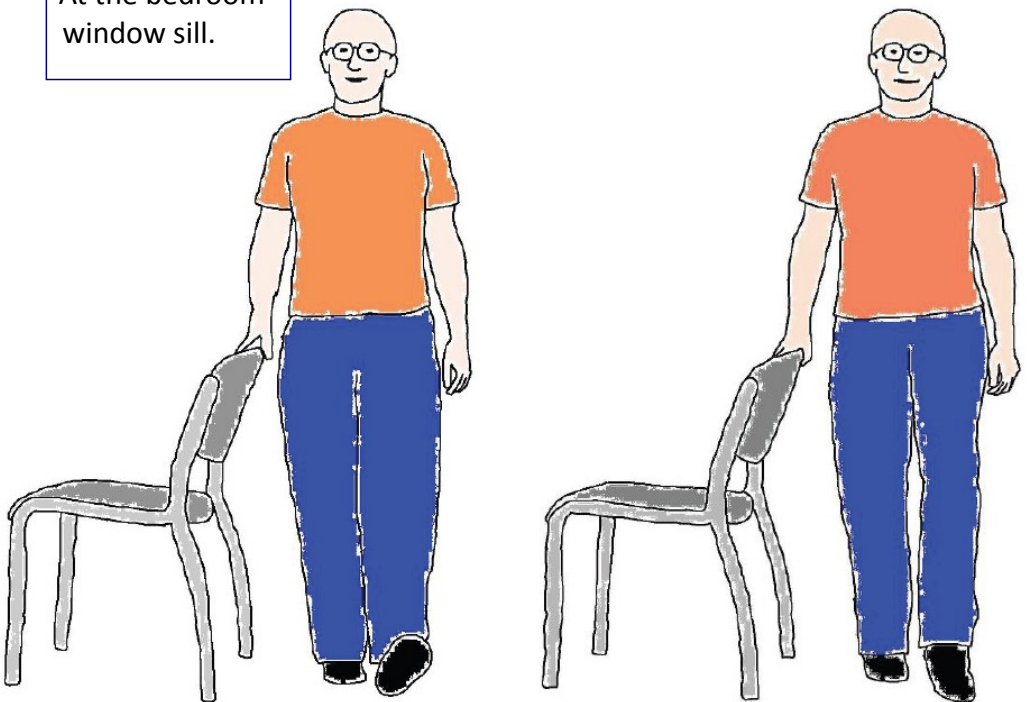


# Ankle loosener

- Stand side on to (or sit tall at the front of) the chair.
- Pull up tall.
- Hold the back (or sides) of the chair.
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot.
- Repeat 5 times with each foot, making the movement as big as possible.

**TIP:**

At the bedroom window sill.

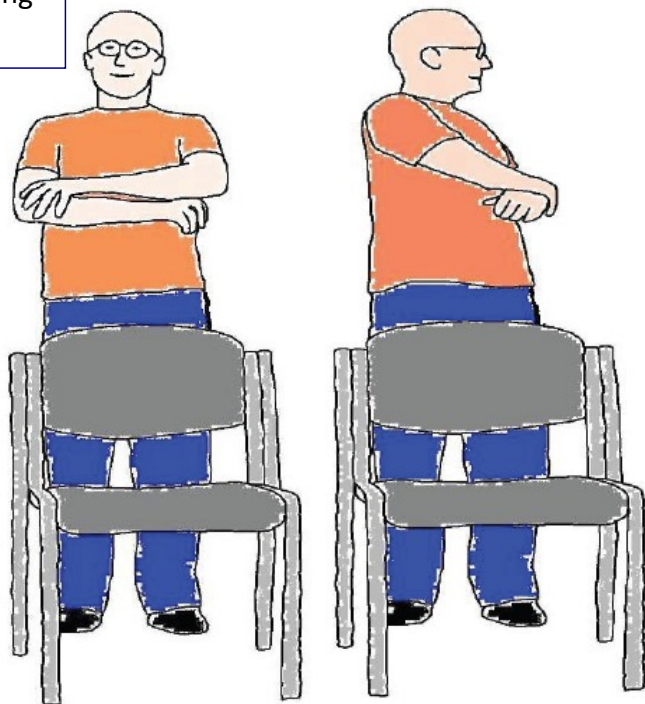


# Spine twists

- Stand (or sit) very tall with your feet hip width apart.
- Fold your arms across your chest.
- Twist your upper body and head to the right keeping your hips facing forwards.
- Repeat in the other direction.
- Repeat 5 times.

**TIP:**

You could do this in your hallway looking either direction.





# Main exercises

There are **11** exercises in this section.

Try to complete them **all**, unless instructed by your Postural Stability Instructor.

You should feel a bit wobbly when doing these exercises, but always hold a stable support or chair if you need it.

**Get your exercise band ready**

# Heel raises

- Stand tall with your feet hip width apart, holding your support.
- Slowly lift the heels keeping the weight over the big toes.
- Avoid locking the knees.
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
- Repeat 10 to 20 times.

TIP:

At the bathroom sink.



If you feel to safe try the exercise without holding on to support.

# Toe walking

- Stand side on to a support with feet hip width apart.
- Lift the heels keeping the weight over the big toes.
- Walk 10 steps forwards on your toes.
- Move steadily and with control.
- Bring the feet level before lowering the heels to the floor.
- Turn around slowly towards the support then repeat the toe walking in the other direction.



TIP:

Along your kitchen worktop.

If you feel to safe try the exercise without holding on to support.

# Toe raises

- Stand tall with the feet hip width apart, holding your support.
- Slowly lift the toes keeping your knees soft.
- Avoid sticking your bottom out.
- Lower the toes slowly.
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
- Repeat 10 to 20 times.

TIP:

At the Kitchen sink.

If you feel steady try the exercise without holding on to support.



# Heel walking

- Stand side on to the support.
- Lift the toes keeping the knees soft and the bottom tucked in.
- Walk 10 steps on your heels.
- Move steadily and with control.
- Keep looking ahead.
- Bring the feet together before lowering the toes to the floor.
- Repeat the other way.

**TIP:**

Around your  
kitchen table.

If you feel steady try the exercise  
without holding on to support.



# Sideways walking

- Stand tall facing a support and look ahead.
- Take 10 sideways steps keeping the hips forward and the knees soft.
- Repeat the other way - slowly.

**TIP:**

Along your kitchen  
worktop.

If you feel steady try the  
exercise without holding  
on to support

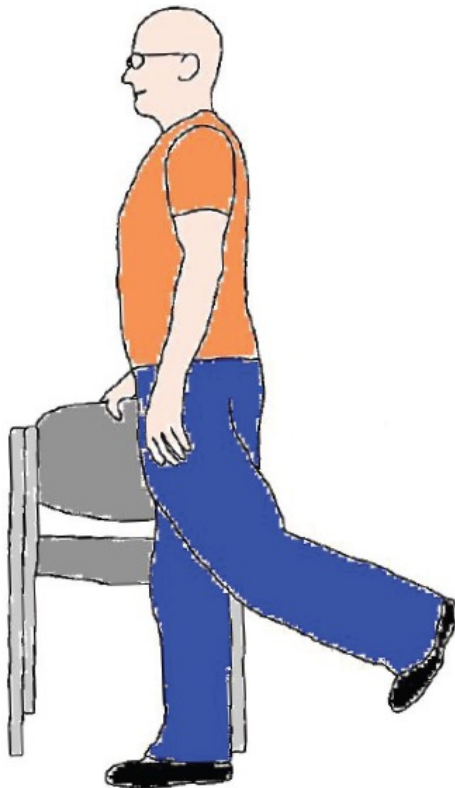


# Flamingo swings

- Stand tall and side on to your support.
- Swing the leg furthest from the chair forwards and back with control slowly.
- Perform 10 swings with this leg.
- Turn around and repeat on the other leg.

**TIP:**

Holding onto a window sill.



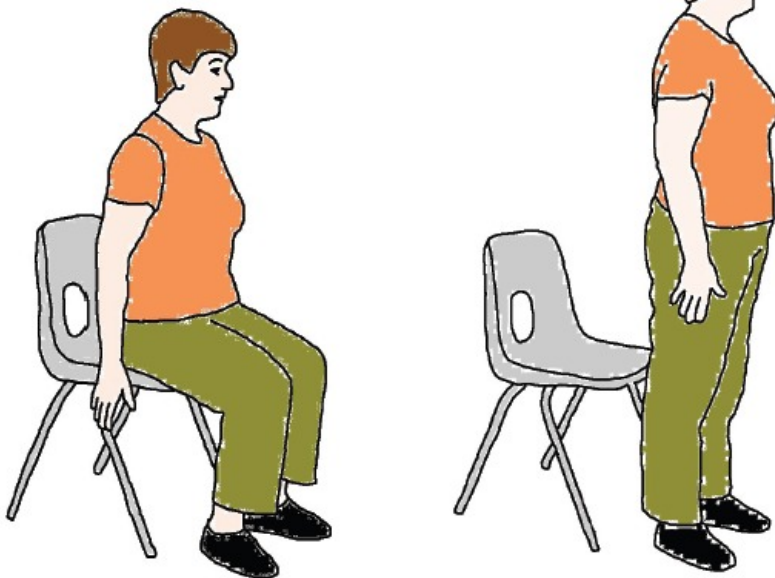
# Sit to stand

- Sit tall near the front of the chair.
- Place your feet slightly back.
- Lean forwards slightly.
- Stand up (using your hands on the chair if needed) slowly.
- Step back until your legs touch the chair.
- Slowly lower your bottom back into the chair, reaching for the chair as you lower if needed.
- Repeat up to 10 times.

**TIP:**

At the end of a TV Programme.

If you are feeling strong and steady try the exercise without holding on to the side of the chair.



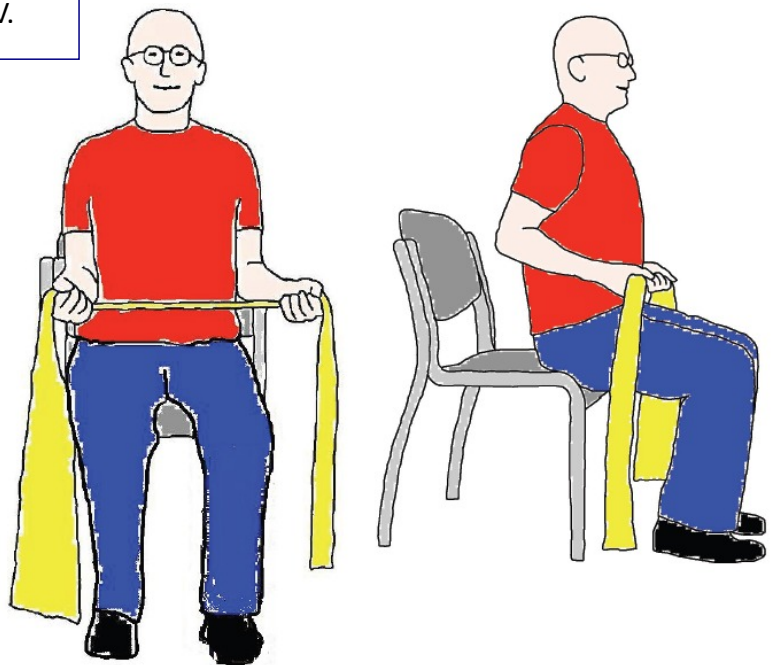


# Upper back strengthener

- Hold the band with your palms facing upwards and your wrists straight.
- Pull your hands apart then draw the band towards your hips and squeeze your shoulder blades together.
- Keep the band low (near your belly button) and shoulders down.
- Hold for a slow count of 5 whilst breathing normally.
- Release, then repeat 7 more times.

TIP:

Do whilst watching TV.

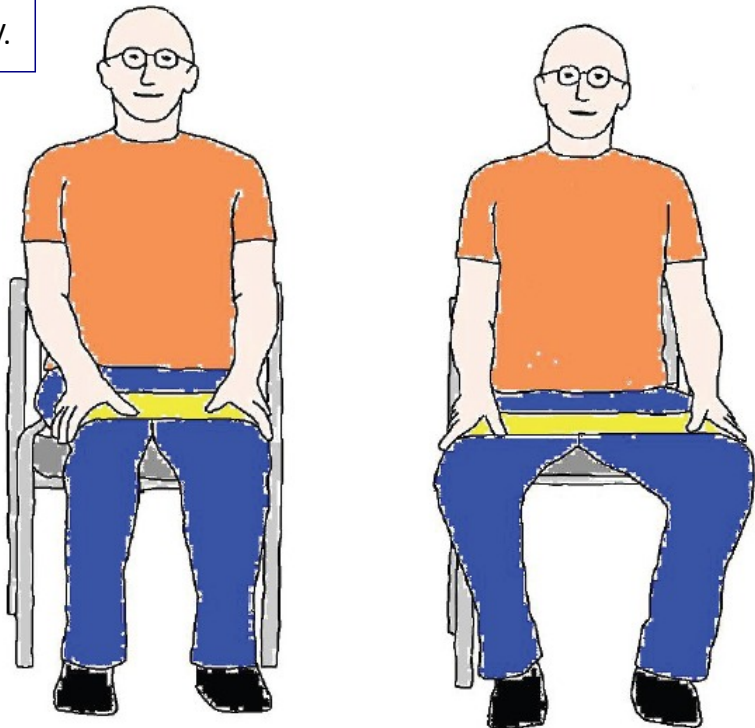


# Outer thigh strengthener

- Sit tall near the front of the chair with your feet and knees touching then wrap the band around your legs (keeping the band as flat as possible).
- Take your feet and knees back to hip width apart.
- Push your knees outwards and hold for a slow count of 5.
- Keep your feet flat on the floor.
- Release, then repeat 7 more times.

TIP:

Do whilst  
watching TV.

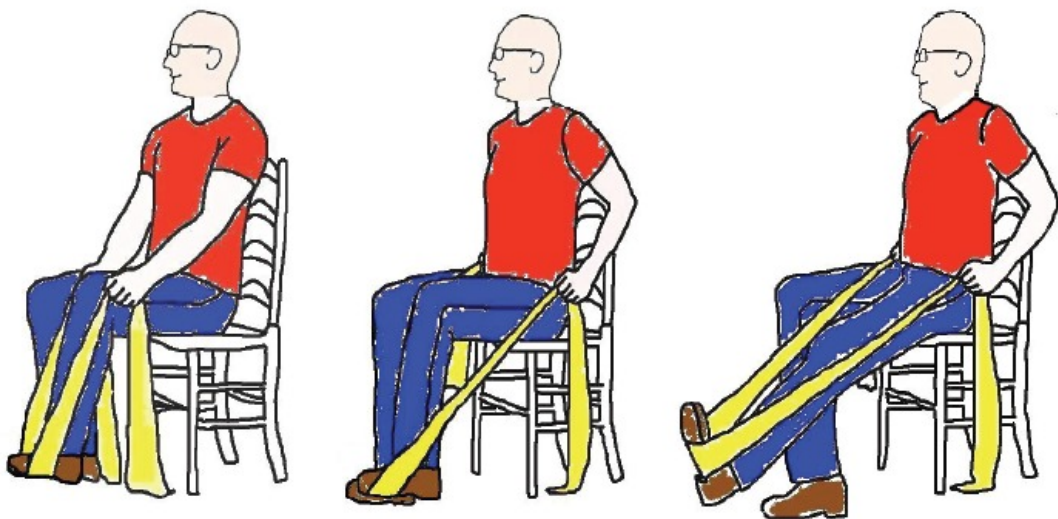


# Thigh Strengthenener

- Sit tall at the front of your chair.
- Place the band under the ball of one foot and grasp it with both hands at knee level.
- Lift your foot just off the floor then pull your hands to your hips.
- Now press your heel away from you until your leg is straight and your heel is just off the floor.
- Hold for a slow count of 5 then return to the starting position
- Repeat 6-8 times on each leg.

**TIP:**

Do whilst watching TV.

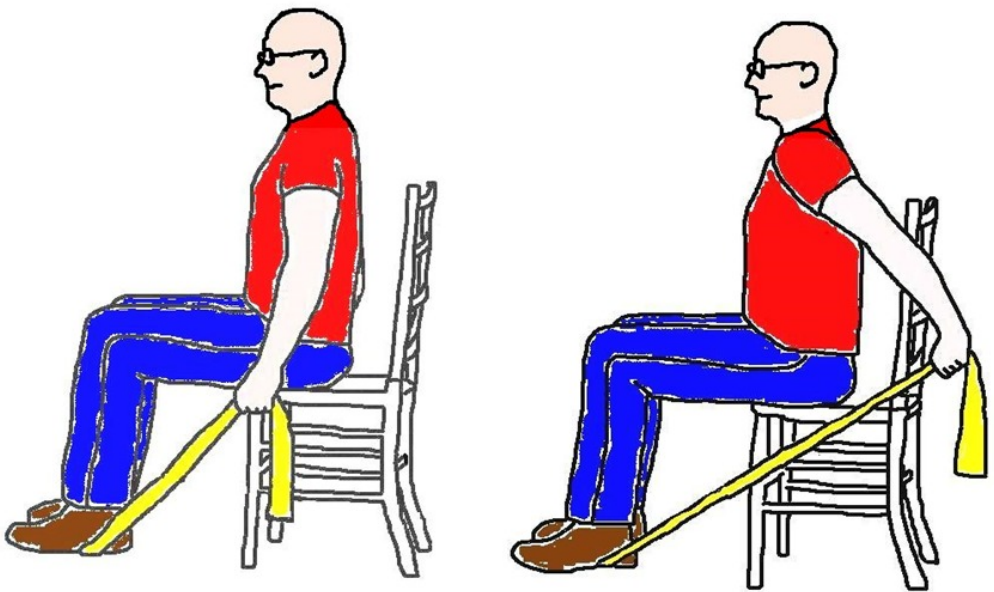


# Backward press

- Sit tall at the front of your chair.
- With the band securely under both feet, grasp it with one hand with the arm down by your hip.
- Now pull your arm backwards keeping your chest facing forwards.
- Hold for a slow count of 5 then relax.
- Repeat 6-8 times on each arm.

**TIP:**

Do in bedroom  
after chores.



# Ending the session

Finish by **marching** at a relaxed pace for 1-2 minutes then try to perform all of the following stretches.

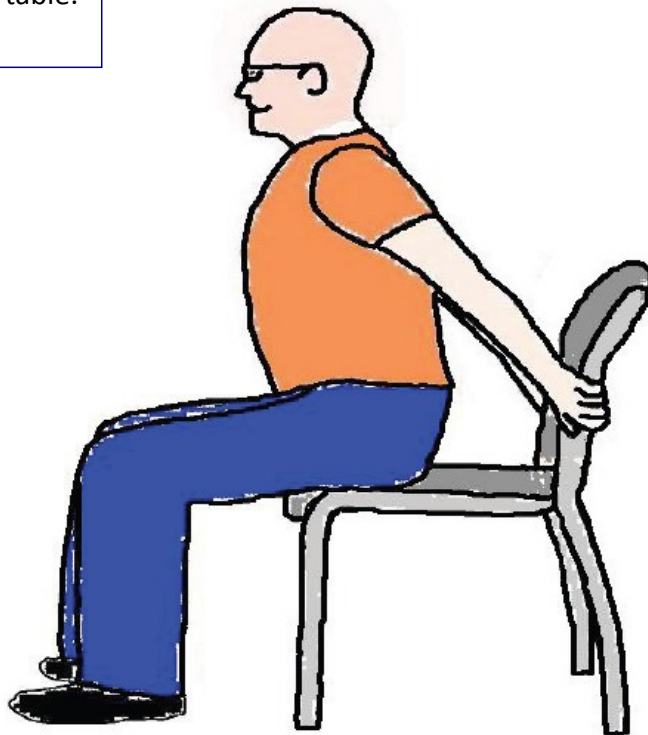
This will help with walking and stability.

# Chest stretch

- Sit tall away from the back of the chair.
- Reach behind with both arms and grasp the chair back.
- Press your chest upwards and forwards until you feel the stretch across your chest.
- Hold for 10-20 seconds.

**TIP:**

Do these at the breakfast table.

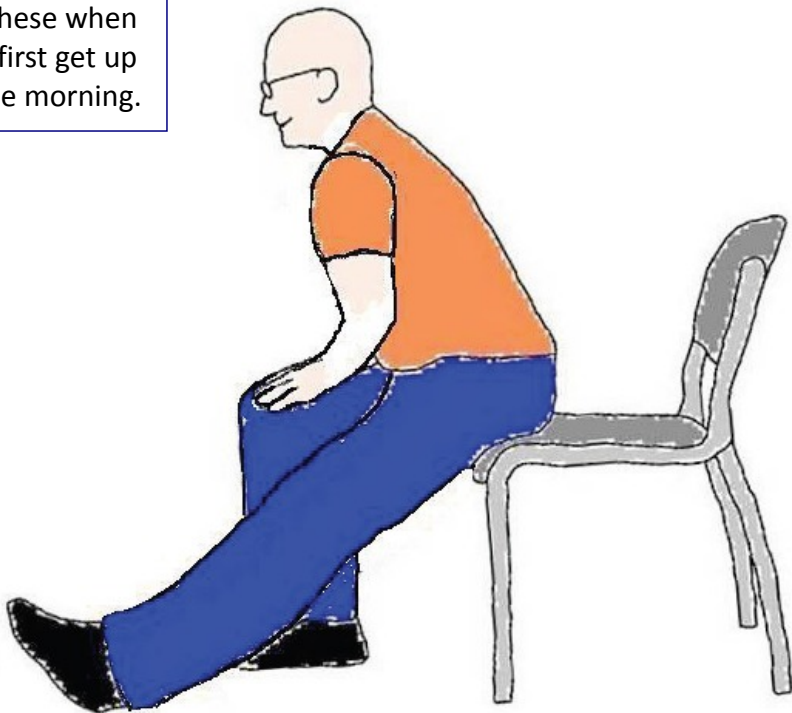


# Back of thigh stretch

- Make sure you are right at the front of the chair.
- Straighten one leg placing the heel on the floor.
- Place both hands on the other leg then sit really tall.
- Lean forwards with a straight back until you feel the stretch in the back of your thigh.
- Hold for 10-15 seconds.
- Relax and repeat on the other leg.

## TIP:

Do these when you first get up in the morning.



# Calf stretch

- Stand behind the chair holding on with both hands.
- Step back with one leg and press the heel down.
- Check that both feet face directly forwards.
- Feel the stretch in your calf.
- Hold for 10-20 seconds.
- Repeat on the other leg.

TIP:

At the kitchen  
table.





# Finished!

Well done! You have finished your exercises for today.

Try to do these home exercises at least **three** times per week. Set a day and a time aside for another session now.

## **Balance Progression**

Once you are performing the balance exercises with confidence on a regular basis, you should aim to GRADUALLY reduce the amount of hand support you use. This can be done by releasing your little fingers to see if you can still maintain your balance. The next step is to release your ring fingers and when you have mastered this, your middle fingers so that you are now balancing by supporting only with your index fingers. Make sure you master balancing at each stage before progressing to the Next.

## **Strength Progression**

Once you are performing the exercises using the band easily you should progress to a harder resistance (different colour) band. Your Postural Stability Instructor will be able to provide one.

# Exercise Diary

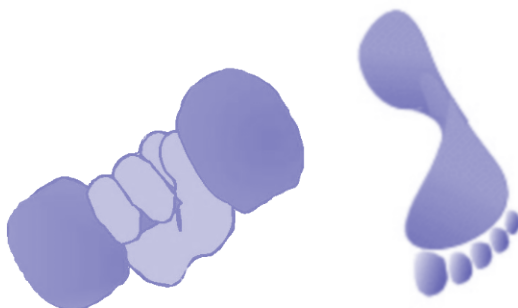
It sometimes helps to keep an **exercise diary**. This will remind you when you last did your exercises and is a place to note anything you want to ask or tell your exercise instructor.

Date (eg. 2 Jan 2014)	Comments (eg. Did not do a specific exercise, feel you have improved doing a particular exercise)

# Why Strength and Balance?

Strong muscles help maintain bone health as well as protecting your joints. Regular strength exercises can reduce pain from arthritic joints as well as boosting your body's natural immunity to infection.

Balance is the ability to stay upright when you are knocked, or to stay steady if you have to walk along a narrow foot path. When we walk, we spend a lot of time with only one foot on the ground, this makes the brain work hard to keep us upright and this requires a lot of practice to get right. Just as a young child has to practice to walk, as we get older we have to practice balance challenging activities to maintain good balance.



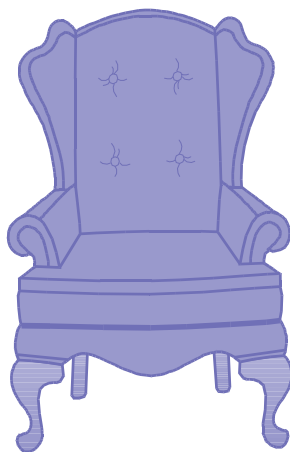
# Sit Less

We now know that long periods of sitting, like watching the television all evening, are not good for our health. The more we sit, the more likely we are to get thicker around the waist, develop diabetes, become less mobile and have a low mood.

People who get up more regularly and break up long periods of sitting (every 1 - 2 hours at least) are more mobile and healthy.

Tips to break up long periods of sitting

- Stand up after a few chapters of your book
- Remain standing while the kettle boils
- Do one of the standing exercises in this booklet



# Acknowledgements

## **We would like to acknowledge the following content resources:**

The Postural Stability Instructor Manual 7<sup>th</sup> Edition, Later Life Training, 2015.

Skelton DA, Dinan S et al. Tailored group exercise reduces falls in community dwelling older frequent fallers; an RCT, Age and Ageing. 2005, Vol 34, p636-639.

Skelton DA, et al. Bone Mineral Density Improvements Following FaME in Frequently Falling Women Age 65 and Over: An RCT. Journal Aging and Physical Activity 2008; Vol 16: pS89-90.

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# Disclaimer

You take responsibility for your own exercise programme. The authors and advisers of the exercises in this programme accept no liability. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional. Health care professionals using these exercises do so at their own risk.

Whilst these exercises have been used in research trials and many thousands of older people do similar exercises from other home exercise booklets, the authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your GP.

This booklet should not be treated as a substitute for medical advice of your doctor.

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