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Deeside Dance Centre, Banchory

**Home Exercise Programme for Keeping Fit to Keep Walking**

For the strength programme, you are wanting to try and do these 2-3x a week, reaching repetitions of around 30 on each leg as able.

For the stretches, trying to do a little each day is great but also best to do after a longer bought of exercise. Trying to hold for 30-60 seconds.

Lastly, for balances, you want to try and incorporate this into your every day routine, ie waiting for the kettle to boil.

**Ankles:**

1. Heel raises – rising up and down on your toes in standing
2. Heel raises with bent knees
3. Heel raises on one leg
4. Heel raises in sitting with a weight on your knee (easier option)
5. Calf stretch – small lunge with back leg straight and heel down, standing tall

**Knees:**

1. Seated, stretch and bend one leg out in front of you. To make it harder sit on the edge of your seat, harder still, add a weight to your ankle or use stretchy exercise bands.
2. In standing, lift your heel to your bottom and lower again.
3. Quad stretch – lifting heel to bottom and holding with your hand, you can use a towel to help support your ankle if you knee has limited movement.
4. Hamstring stretch – place one foot in front, keeping the leg straight, now bend forward sticking out your bottom.

**Hips:**

1. Standing on one leg, lift the other leg out to the side keeping your toes pointing forward. Again, you can add weights or a band to this to increase difficulty.
2. Squats – these do not need to be deep remember! You can keep them small but keep the weight in your heels as if you were going to sit down. Incorporating this into a sit to stand every time you get up from you chair, try to do 5. To progress, maybe try and do them on one leg, a big challenge!!
3. Glut stretch - lying on your back, bend the knee to your chest and gently pull across your body.

**Balance:**

1. Standing on one leg – the aim is to reach 1 minute on each leg without needing to hold on.
2. Tandem/tightrope walking – walk across the room putting your heel directly in front of your toe
3. All balance exercises can be made harder by simply moving your head side to side whilst you do them.

Give these a go and see how you get on. Remember you must never push into pain and if you need something more individualised or are having issues then please do get in touch.

Kind regards,

Laura.