

OTAGO STRENGTH AND BALANCE EXERCISES
BY Later Life Training Ltd.

These exercises have been used in strength and balance across the world and are based on Otago Exercise Program (OTE) which has shown to reduce falls and injuries to falls.

Aim to do some or all these exercises 3 times a week.
For safety always have support nearby if needed.

Drink plenty of water!

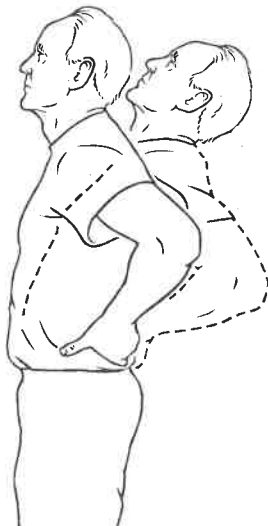
MARCHING

Stand Tall, holding on to support if needed, begin marching your legs, if you feel steady, add arm swing with one or both arms.
Continue marching for 1 - 2 minutes



BACK EXTENSION

1. Stand tall with feet hip width apart
2. Place your hands onto your bottoms.
3. Gently arch your back looking straight ahead.
4. Avoid looking at the ceiling or locking your knees.
5. Repeat 5 times



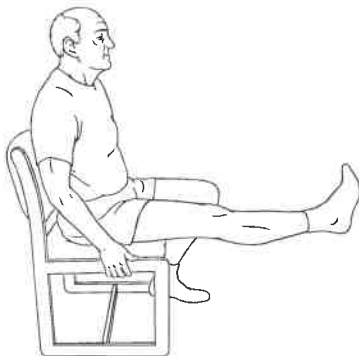
TRUNK MOVEMENT

1. Stand tall with feet hip width apart.
2. Fold arms in front of the chest or place one hand on the chair.
3. Lengthen and lift the trunk upwards and then slowly turn the head and shoulders to the right.
4. Ensure that you are only turning the upper body (not the Hips).
5. Return to the start and repeat to the other sides.
6. Repeat 5 times.



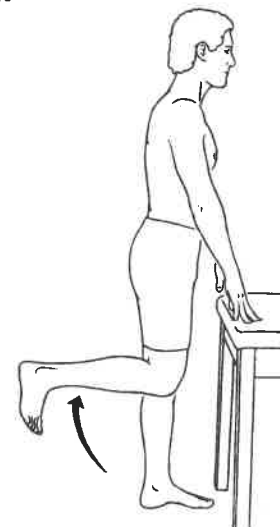
FRONT KNEE STRENGTHENER

1. Sit back in your chair with back supported and your feet under your knees.
2. Brush one foot along the floor then lift the ankle slowly and straighten your knee but do not lock the knees.
3. Aim to lift for a slow count of 3 and lower to a count of 5 each time.
4. Repeat with both legs 10 times.



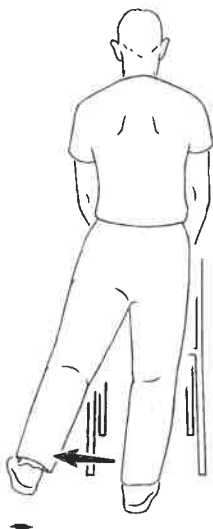
BACK KNEE STRENGTHENER

1. Stand tall and hold on to support.
 2. Feet hip width apart and knees soft.
 3. Brush the foot backwards along the floor then lift the heel slowly towards the bottom.
 4. Lower the foot slowly. Aim to lift to a slow count of 3 and lower to a count of 5 each time.
- Repeat up to 10 times with each leg.



SIDE HIP STRENGTHENER

1. Stand tall with feet hip width apart and hold on.
2. Lift the leg slowly to the side keeping toes pointing forwards.
3. Avoid leaning the body to the side.
4. Place the weight back over both feet to rest briefly.
5. Repeat up to 10 times on one leg then change legs.
6. Aim to lift for a slow count of 3 and lower to a slow count of 5 each times.



HEEL RAISES

1. Standing, place feet apart. Stand tall with feet hip width apart and hold on.
2. Slowly lift the heels keeping the weight over the big toes.
3. Avoid locking the knees.
4. Aim to lift for a slow count of 3 and lower to a slow count of 5 each time.
5. Repeat 10 to 20 times.



TOE RAISES

1. Stand tall with feet hip width apart.
 2. slowly lift the toes keeping the knees soft.
 3. Avoid sticking your bottoms out.
 4. Aim to lift the toes for a slow count of 3 and lower to a slow count of 5 each time.
- Repeat 10 to 20 times.

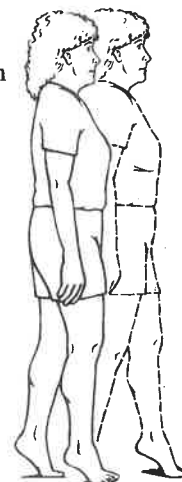


TOE WALKING SUPPORTED OR UNSUPPORTED

Supported

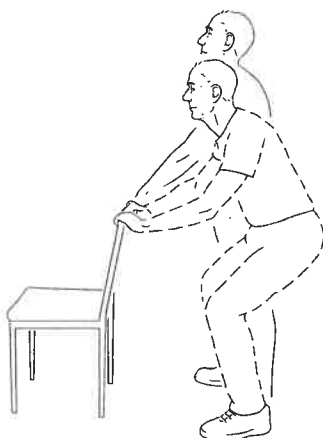
1. Stand side to a support with feet hip width apart.
2. Lift the heels keeping the weight over the big toes.
3. Walk 10 steps forward on your toes. Bring the feet level before lowering the heels to the floor
4. Turn around slowly towards the support then repeat in the other direction.

When you feel steady , try not holding but have support close by.



KNEE BENDS SUPPORTED

1. Feet hip width apart, toes facing forwards and hold on.
2. Bend the knees and push your bottoms backwards as though you were going to sit down.
3. Ensure your heels do not lift
4. Make sure your knees do not turn in.
5. Come back up to start position and repeat 10 times.



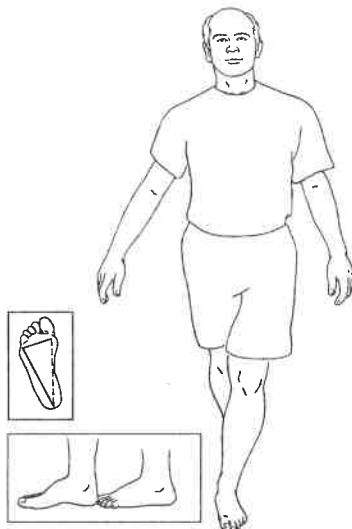
OR KNEE BENDS NO SUPPORT

1. Feet hip width apart, toes facing forward.
2. Bend the knees and push bottom backwards as though you were going to sit down
3. Ensure heels do not lift and knees do not roll inwards.
4. Come back up to start position
5. Repeat 10 times.



Heel Toe Stand Supported

1. Stand tall, side to the support, place one foot directly in front of the other.
2. Look ahead and balance for 10 seconds, rest and repeat with the other foot in front.
3. If you feel steady, try without holding on to support.



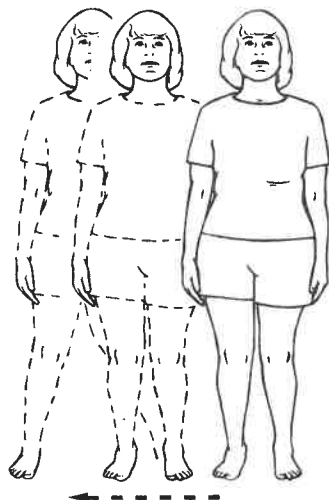
One Leg Stand Supported

1. stand close to and holding on to your support
2. Balance on one leg keeping the leg straight knee soft and upright posture.
3. Hold the position for 10 seconds and repeat with the other leg.
4. If you feel steady, try the exercise without holding on to support.



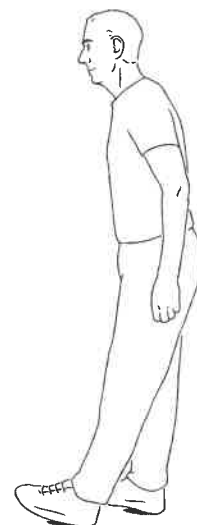
Sideways Walking Supported

1. Stand tall facing a support (kitchen counter) and look ahead.
2. Take 10 steps keeping the hips forward and the knees soft.
3. Repeat the other way slowly.
4. Progress to not holding on.

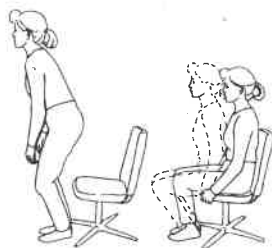


Heel Walking Supported

1. Stand side to the support.
2. Lift the toes keeping the knees soft and the bottom tucked in.
3. Walk 10 steps on your heel, holding on lightly to the counter or support.
4. Practice 2 - 3 times.
5. Progress to not holding.



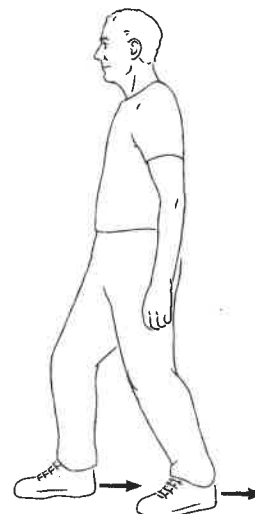
Sit to Stand



1. Sit tall near the front of the chair.
 2. Place your feet slightly back and lean forward slightly.
 3. Stand up (using your hands on the chair if needed) slowly.
 4. Step Back until your legs touch the chair.
 5. Slowly lower your bottom back into the chair, reaching for the chair as you lower if needed.
 6. Repeat 10 times.
- Progress to not holding on when you feel strong and steady.

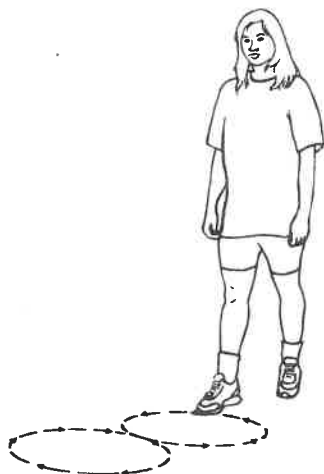
Backward Walking Supported

1. Stand side to the support.
2. Walk backwards 10 steps slowly, hands touching the kitchen counter.
3. Keep the back tall and look straight ahead throughout the exercise.
4. Use a toe through heel action.
5. Keep the pace steady and controlled.
6. Repeat in the other direction.
7. when you feel steady try not holding on but stay close to support for safety.



WALK AND TURN

1. Walk at your own pace in a figure 8 shape (around 2 chairs if this is easier for you)
2. Try to maintain upright posture as you walk.
3. Repeat this exercise twice only.



STAIR WALKING

1. Hold on to the rail if you usually do, but try not to pull too much with your arms.
2. Use the strongest leg to lead on each step.
3. Place the foot fully on the stairs.
4. Look down with the eyes (rather than bending forwards from the waist) to check your foot position.
5. At the top, take a rest then come back down leading with the weaker leg on each step.
6. Repeat up to 5 times as a goal.



ENDING THE SESSION

TRY TO PERFORM THE FOLLOWING STRETCHES AT THE END OF YOUR SESSION OR DAILY.

THEY WILL HELP WITH WALKING AND STABILITY.

CALF STRETCH

1. sit forward in the chair and hold on.
2. Keep one knee bent.
3. Straighten the other leg with the heel resting on the floor.
4. Pull the toes back towards the shin until you feel a pull in the calf.
5. Hold 10 - 15 seconds, relax and repeat on the other side.



BACK OF THIGH STRETCH

1. Make sure you are right at the front of the chair.
2. straighten one leg placing the heel on the floor.
3. place both hands on the other leg and sit really tall.
4. Lean forward with a straight back until you feel the stretch in the back of your thigh.
5. Hold for 10 - 15 seconds.
6. Relax and repeat with the other leg.

