

Level 1 (Foundation) Exercises

These exercises are suitable for people at Level 1 (Foundation).

Bilateral calf raises



Aim

To strengthen your calf muscles.

Instructions

Stand with your feet together holding onto something steady like your kitchen bench. Start with your heels on the ground. Rise up onto your toes. Lower your heels back to the ground. Repeat 5-10 times per set.

Standing up and sitting down



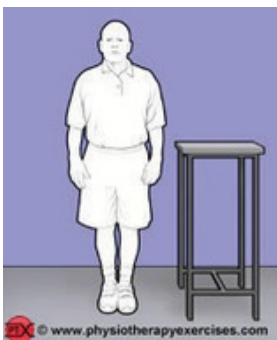
Aim

To improve sit to stand ability

Instructions

Sit on a chair or bed with your feet underneath your knees. Practise standing up and sitting down. Use your hands to assist you to stand up if necessary. Make sure your weight is spread equally through both legs. Repeat 5-10 times per set.

Stand with narrow base of support



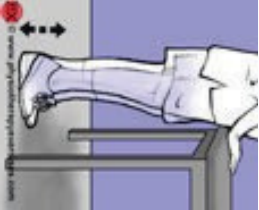

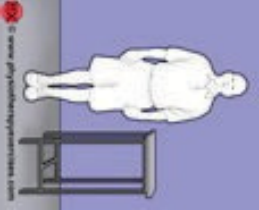
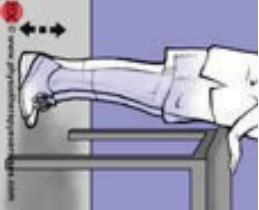
Aim

To improve standing balance.

Instructions

Have a stable support nearby, so you can use your hands if you need to. Stand with your feet together. Practice maintaining the position for up to 30 seconds. If this is too difficult, stand with your feet further apart.

These exercises and images are used with permission from www.physiotherapyexercises.com, freely available exercise prescribing software. Perform these exercises in a safe space and consult with your doctor if you have concerns with what you can safely do.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
 Wk 1							
 Wk 2							
 Wk 1							
 Wk 2							