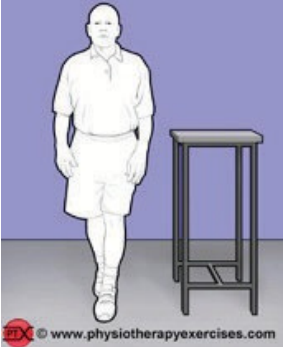


Level 3 (Advanced) Exercises

These exercises are suitable for people at Level 3 (Advanced).

Stand in tandem stance



Aim: To improve your ability to stand and balance.

Instructions: Have a stable support nearby. Stand with one foot forward in front of the other. Practise maintaining the position. Use the hand support if you feel unsteady. Repeat with other foot in front.

Progressions and variations

Less advanced: (1) Position the feet in semi-tandem stance; (2) Position the feet further apart.

More advanced: (1) Remove hand support; (2) Turn head and trunk in different directions; (3) Add movement of the arms in different directions; (4) Throw and catch a ball in this position; (5) Stand on one leg.

Walking up and down stairs



Aim: To improve your ability to walk up and down stairs.

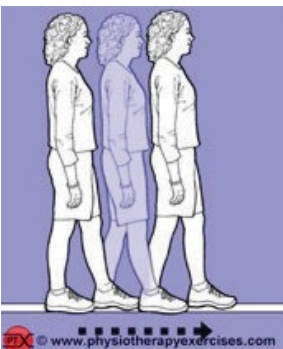
Instructions: Position yourself standing at the bottom or top of a flight of stairs. Practise walking up and down the stairs.

Progressions and variations

Less advanced: (1) Walk down one step at a time; (2) Use hand-rail for balance.

More advanced: (1) Increase height of the stairs; (2) Wear a backpack with weights in it.

Walk heel to toe



Aim: To improve your ability to walk and balance.

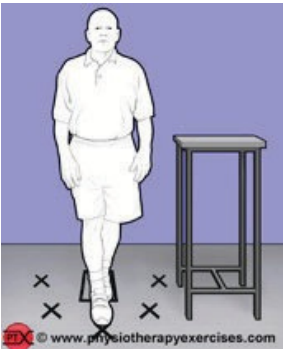
Instructions: Position yourself standing on a line with one foot directly in front of the other. Practise walking along the line by placing one foot straight in front of the other, i.e., heel to toe.

Progressions and variations

Place feet on either side of the line.

Level 3 (Advanced) Exercises

Stepping to targets with hand support nearby



Aim: To improve your ability to walk in different directions.

Instructions: Position yourself standing with feet hip width apart and targets placed in a semi-circle on the floor in front of you. Practise stepping to the targets alternately. Ensure that most of your weight is transferred to the stepping leg and that hand support is used if necessary. Repeat with the other leg.

Progressions and variations

Less advanced: Decrease distance to the targets.

More advanced: (1) Remove hand support; (2) Increase distance to the targets; (3) Place the targets in a full circle.

Bilateral calf raises



Aim: To strengthen your calf muscles.

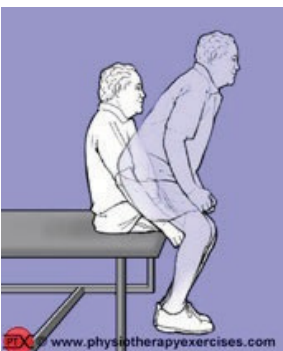
Instructions: Position yourself standing with your feet together. Start with your heels on the ground. Finish with your heels off the ground.

Progressions and variations

Less advanced: Provide hand support for balance.

More advanced: Stand on one leg at a time.

Standing up and sitting down



Aim: To improve your sit to stand ability.



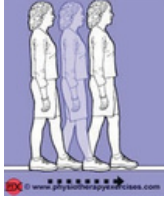



Instructions: Position yourself sitting on a chair or bed with your feet underneath your knees. Practise standing up and sitting down. Make sure your weight is spread evenly on both feet.

Progressions and variations

Less advanced: Increase the height of the chair.

More advanced: Decrease the height of the chair.

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							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							