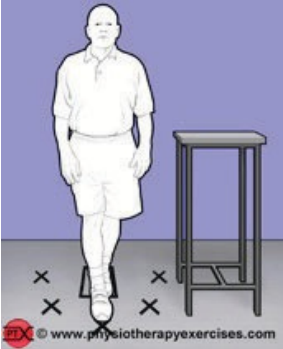


Level 2 (Moderate) Exercises

These exercises are suitable for people at Level 2 (Moderate).

Stepping to targets with hand support nearby



Aim

To improve your ability to walk in different directions.

Instructions

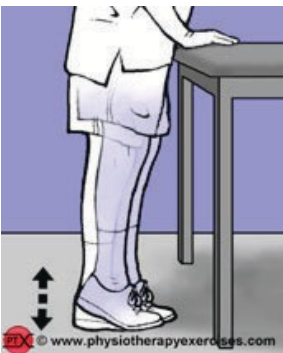
Position yourself standing with targets placed in a semi-circle on the floor in front of you. Practise stepping to the targets alternately. Ensure that you move most of your weight to the front leg. Hand support can be used if necessary. Repeat with the other leg.

Progressions and variations

Easier: Decrease distance to the targets.

Harder: (1) Remove hand support; (2) Increase distance to the targets.

Bilateral calf raises



Aim

To strengthen your calf muscles.

Instructions

Stand with your feet together holding on to a support. Start with your heels on the ground. Rise up onto your toes. Lower your heels back to the ground. Repeat 10 - 15 times per set.

Progressions and variations

Harder: Use less hand support.

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.

Level 2 (Moderate) Exercises

These exercises are suitable for people at Level 2 (Moderate).

Stand with narrow base of support



Aim

To improve your ability to stand up.

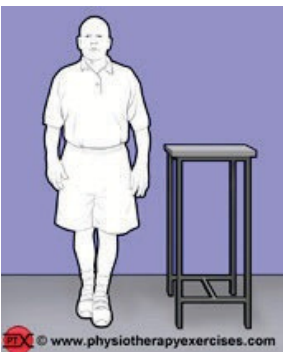
Instructions

Sit 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. Repeat 10 – 15 times.

Progressions and variations

Easier: (1) Use a higher chair; (2) Use hands to assist.
Harder: Use a lower chair.

Stand in semi-tandem stance



Aim

To improve your standing balance.

Instructions

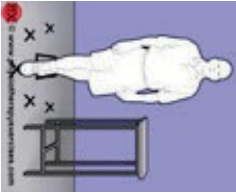
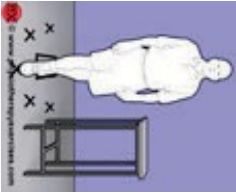




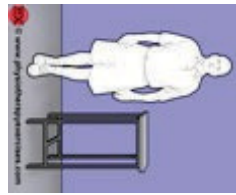
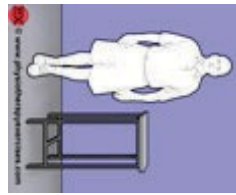
Have a stable support nearby. Stand with one foot forward with no space between your feet. Practise standing steady in this position for up to 30 seconds. Use your hands for support if you feel unsteady. Repeat with other foot in front. Do this 3 or 4 times.

Progressions and variations

Easier: Position the feet further apart.

Harder: (1) Remove hand support; (2) Turn head and trunk in different directions; (3) Stand with one foot directly in front of the other.

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
 WK 1							
 WK 2							
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