

# Strength & Balance Exercises

Talk to your health professional if you are unsure about doing any of these exercises.



## *Knee Straightening*

- Sit on chair with your back and thighs well supported.
- Straighten the right leg and brace your knee back.
- Lower the right leg.
- Repeat 10 times, each leg.



## *Sit To Stand*

- Sit in a firm chair.
- Bring bottom to front of chair.
- Move your feet under your knees.
- Use one hand to help you stand up.
- Repeat 10 times.



## *Sideways Leg Lift*

- Stand up tall with your left side towards the bench.
- Hold on with your left hand.
- Keep the right leg straight and the foot straight ahead.
- Stay standing tall while you lift your right foot off the floor.
- Repeat 10 times on each leg.
- Turn around.



## *Small Knee Bends*

- Stand up tall facing the bench with both hands on the bench.
- Place your feet shoulder width apart.
- Gently bend your knees, keeping your back straight.
- The knees go over the toes.
- When you feel your heels start to lift, straighten up.

These exercises do not replace those prescribed by your Falls Champion/health professional