



Safe exercise at home

EXERCISE EXAMPLES (LEVEL 3 - ADVANCED)

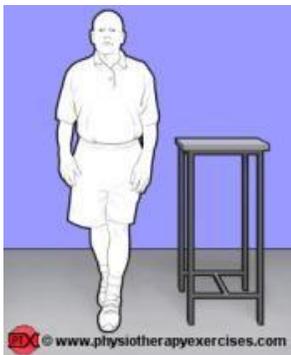
Level 3 exercises suit those who:

- regularly walk (at least 30 minutes in one session)
- feel steady walking outside
- may attend a gym
- engage in activities such as gardening.

Even if you have been keeping active, if you have had two or more falls in the past 12 months, start at a less difficult level ([Level 2](#) or [Level 1](#)). You should also consult your Doctor or physiotherapist to help reduce your risk of falling.

Some examples of exercises for this level are shown below. Remember it is important to [exercise safely](#). If you need assistance, a physiotherapist can help. The *Safe exercise at home* website also has links to video / YouTube videos of suitable exercises, and tips on [how hard you should work](#) and [how to stay motivated](#).

Stand in tandem stance



Client's aim: To improve your ability to stand and balance.

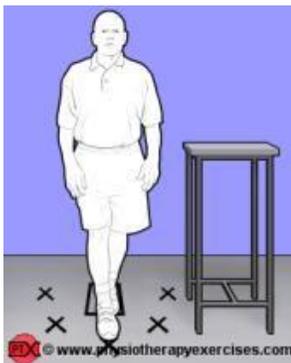
Client's instructions

Position yourself standing with one foot forward in front of the other and a stable support nearby. Practice maintaining the position. Ensure that hand support is used 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. 6. Stand on one leg.

Stepping to targets with hand support nearby



Client's aim

To improve your ability to walk in different directions.

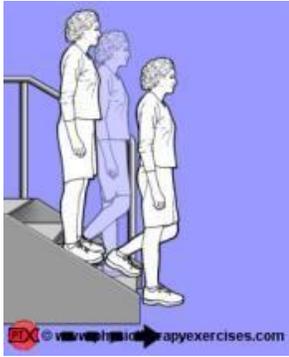
Client's instructions

Position yourself standing with feet hip width apart and targets placed in a semi-circle on the floor in front of you. Practice 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.

Progressions and variations

Less advanced: 1. 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.

Walking up and down stairs



Client`s aim

To improve your ability to walk up and down stairs.

Client`s instructions

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

Progressions and variations

Less advanced: 1. Decrease the height of the stairs. 2. Walk down one step at a time. 3. Use hand-rail for balance. More advanced: 1. Increase the height of the stairs. 2. Wear a backpack with weights in it.

Bilateral calf raises



Client`s aim

To strengthen your calf muscles.

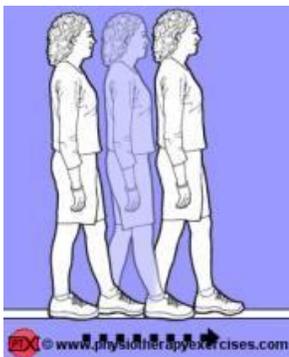
Client`s instructions

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: 1. Provide hand support for balance. More advanced: 1. Stand on one leg at a time

Walk heel to toe



Client`s aim

To improve your ability to walk and balance.

Client`s instructions

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

Progressions and variations

Less advanced: 1. Place feet on either side of the line.

Standing up and sitting down



Client`s aim

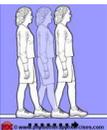
To improve your ability to stand up or sit down.

Client`s instructions

Position yourself sitting on a chair or bed with your feet underneath your knees. Practice standing up and sitting down. Ensure that your shoulders and knees move forward while you move between sitting and standing, and your weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Decrease the height of the chair.

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The information on the “Safe exercise at home” website is not intended to replace individual health professional care. If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.