



Friday

DYNAMIC BALANCE

Try to complete these exercises at least twice throughout the day to assist in maintaining or improving dynamic balance

#1. CUP TAPPING



Instructions: Place a walker/chair in front or to the side and a chair behind. Place a ring of plastic or foam cups on floor. Practice balancing on one leg and tapping the top of the cups with your other leg. To make it harder, try holding on with one or no hands. Or place the cups in different directions or further away.

Guide: 3 x 30-60 second efforts

#2. CLOCK STEPPING



Instructions: Place a walker/chair in front and a chair behind. In standing, imagine there is a clock face on the floor. Slowly step towards each number on the clock face. If possible, get someone else to call out numbers for you, to make it unpredictable. To make it harder, try holding on with one or no hands.

Guide: 3 x 30-60 second efforts

#3. HEEL/TOE WALKING



Instructions: Place a walker/chair in front. In standing, try to walk forwards and backwards whilst placing your heel against your toe and vice versa. This is just like walking a tight rope. If this is too difficult, step with your feet slightly apart.

Guide: 3 x 30-60 second efforts or try to go all the way around your room.

If you start to feel unwell, dizzy, short of breath, experience chest pain or other pain - STOP - and press your call button

You can find the full instructional videos at:
guidehealthcare.com.au/get-up-guide



Friday - DYNAMIC BALANCE

	Cup Tapping	Clock Stepping	Heel/Toe Walking
Week 1	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 2	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 3	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 4	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 5	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 6	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 7	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 8	Sets: Reps:	Sets: Reps:	Sets: Reps:

Don't forget to join us each Thursday at 11am for our live physiotherapist run exercise session on zoom.com. Simply download the zoom app on your phone, tablet or computer and use the

Meeting ID: 271-996-719