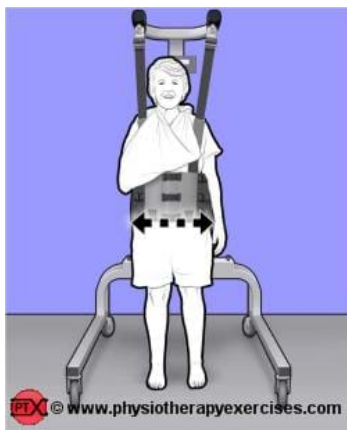


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Exercise Booklet

Standing and shifting weight using a harness



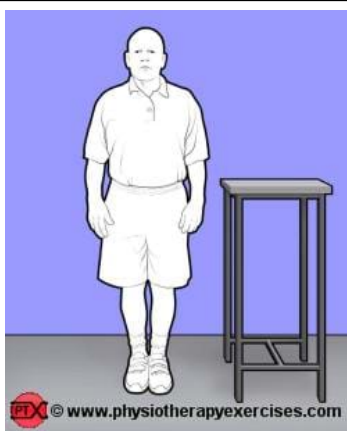
Client's aim

To improve your ability to stand or walk.

Client's instructions

Position yourself standing with your feet slightly apart and a harness attached for body-weight support. Practice transferring your weight from one leg to the other. Ensure that your shoulders remain over your hips.

Stand with narrow base of support



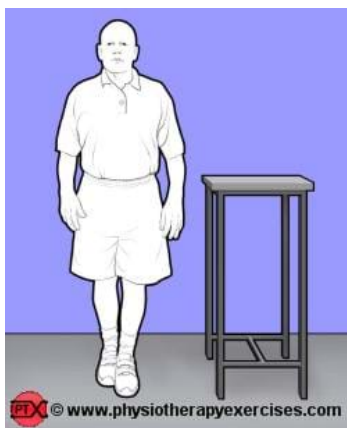
Client's aim

To improve your ability to stand and balance.

Client's instructions

Position yourself standing with your feet together and a stable support nearby. Practice maintaining the position. Ensure that hand support is used only if you feel unsteady.

Stand in semi-tandem stance



Client's aim

To improve your ability to stand and balance.

Client's instructions

Position yourself standing with one foot forward, no space between your feet and a stable support nearby. Practice maintaining the position. Ensure that hand support is used only if you feel unsteady.

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 only if you feel unsteady.

Standing and bending and straightening the knees quickly



Client's aim

To improve the ability to stand or walk.

Client's instructions

Position yourself standing with a table nearby for support. Practice standing on your affected leg and rapidly bending and straightening your knee through a small range. Ensure that your affected knee does not lock back past straight and hand support is used only if necessary.

Stand on one leg with support



Client's aim

To improve your ability to stand on one leg and balance.

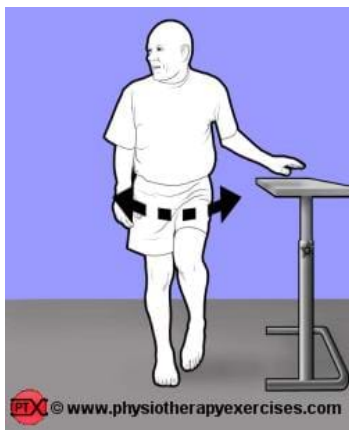
Client's instructions

Position yourself standing on one leg with a stable support nearby. Practice maintaining the position without touching your other foot on the floor. Ensure that hand support is used only if you feel unsteady.

Precautions

1. Ensure that the support is stable.
-

Stand and pivot on one leg



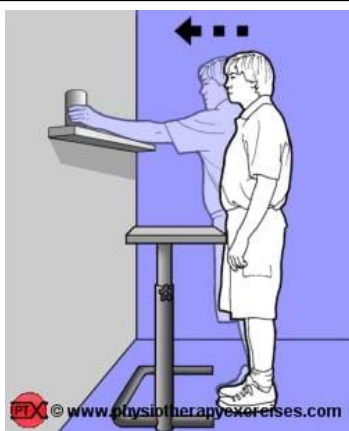
Client's aim

To improve your ability to turn and balance.

Client's instructions

Position yourself in standing with a stable support nearby. Practice standing on one leg and pivoting (turn foot and body) from side to side, keeping your weight on the ball of the pivot foot as you turn. Ensure that hand support is used only if you feel unsteady.

Standing and reaching



Client's aim

To improve your ability to reach forwards when standing.

Client's instructions

Position yourself standing with a table at hip level a small distance in front of you and an object at shoulder height a little further than an arms-length away. Practice reaching forwards to pick up the object. Ensure that your hips makes contact with the table.

Stepping sideways onto a block with hand support nearby



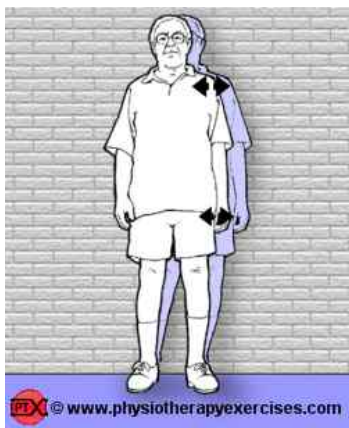
Client's aim

To improve your ability to stand or walk.

Client's instructions

Position yourself standing with your affected foot on a block beside you and a table nearby for support. Practice stepping up and down sideways onto the block with your unaffected leg. Ensure that your affected knee straightens and bends, your feet point straight ahead and the hand support is used only if necessary.

Transferring weight laterally in standing with the back against a wall



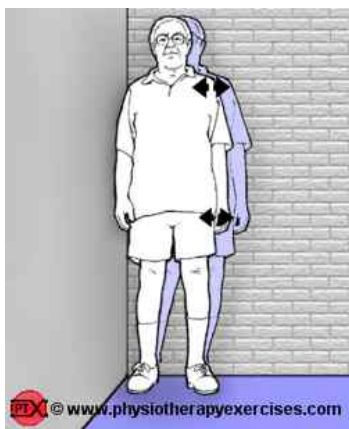
Client's aim

To improve your ability to take weight from one foot to the other for standing or walking.

Client's instructions

Position yourself standing with your shoulders against a wall, your bottom away from the wall and your feet slightly apart and as far back as comfortable. Practice transferring your weight from one leg to the other. Ensure that your shoulders are kept close to the wall.

Transferring weight laterally in standing against two walls



Client's aim

To improve your ability to stand upright.

Client's instructions

Position yourself standing in the corner of a room with your back against one wall, your affected side close to the side wall and your feet slightly apart. Practice moving your affected hip and shoulder away from the side wall to stand upright. Ensure that your back remains against the back wall and both feet point forwards.

Stepping backwards to a line with the affected leg



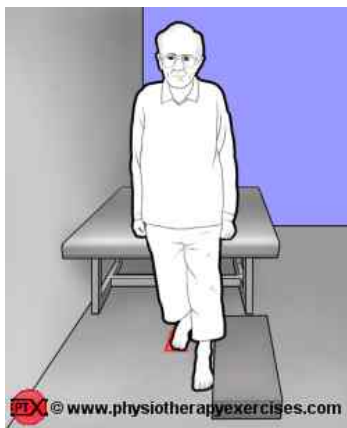
Client's aim

To improve your ability to move your leg back and forth when standing.

Client's instructions

Position yourself standing with two lines behind you. Practice stepping backwards to pass the rear line with your affected leg. Ensure that both feet point forwards.

Stepping forward with the unaffected leg to a target



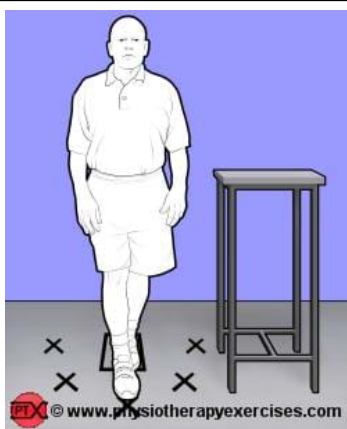
Client's aim

To improve your ability to stand and walk.

Client's instructions

Position yourself standing with a block diagonally forwards on your unaffected side. Practice stepping forward with your unaffected leg without touching the block. Ensure that both feet point forwards.

Stepping to targets with hand support nearby
















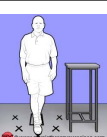
Client's aim

To improve your ability to walk in different directions.

Client's instructions

Position yourself standing with 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 front leg and that hand support is used only if necessary.

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