

# THE SIMPLE 6 EXERCISES TO REGAIN YOUR BALANCE

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## CALF RAISES

Standing behind a chair or next to a wall for support, lift both heels off the ground at the same time. Try to control the raise and if you can add a slight pause at the top. Once you feel more confident, begin to take your hands off the chair/wall.

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## TANDEM WALKING

Along a straight line, either one you have marked out or a panel in your flooring, place the heel of one foot to the toes of the other using the wall as a support. Continue this, alternating feet each step until you achieve a heel-to-toe walk. Once you feel more confident, attempt to keep your eyes up instead of watching your feet and lessen your support on the wall.



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## HIGH KNEES

Stand facing a wall (or holding a chair) with both arms up to brace yourself. Slowly raise one knee until it is as high as you can go, attempt a slight pause at the top and then slowly return your leg to the ground. Repeat with the opposite leg. To increase difficulty, start with your feet further away from the wall so that your body is on an incline.

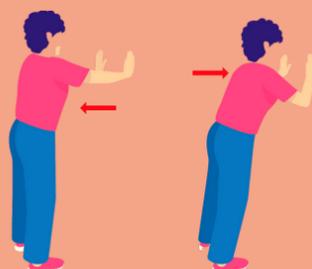
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## LATERAL LEG RAISES

Standing side on to either a wall or a chair, lift your outside leg to the side while keeping your body straight. Slowly bring your leg back to the ground and repeat 10-15 times on that same leg. Turn around and repeat for the opposite leg.



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## WALL PUSHUPS

Bracing yourself against a wall, place your feet slightly further back than your body so that you have a slight lean. Once in this position, slowly bend your arms and bring your head closer to the wall keeping your core braced and back straight. Pause briefly at the bottom of the pushup before slowly straightening your arms back to full extension.

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## SIT-TO-STAND

Place a chair behind you, standing approximately 30cm in front of it. Slowly lower yourself down towards the chair, making sure to keep your back up as straight as possible with your eyes elevated. Gently touch the chair and then slowly return to standing. Repeat 8-10 times.



As we get older, it is natural that we can begin to feel unbalanced. It doesn't have to be this way though! Gently exercising our stabilising muscles as well as retraining the neural pathways associated with balance will keep you active and healthy by aiding the prevention of falls and serious injury.

**By practicing these simple exercises everyday you are working to keep your body happy & healthy!!**