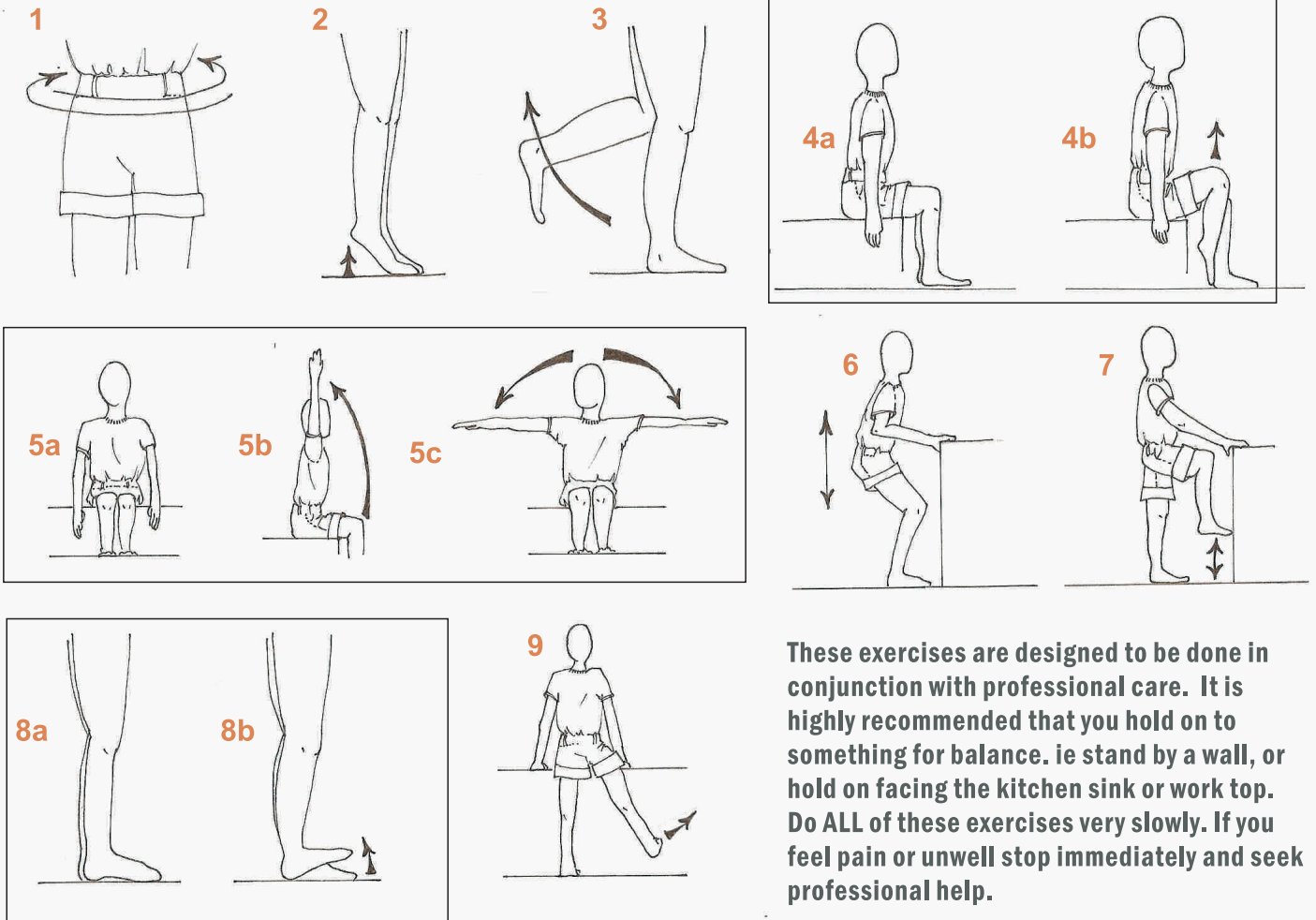


Mobility Exercises - for elderly



These exercises are designed to be done in conjunction with professional care. It is highly recommended that you hold on to something for balance. ie stand by a wall, or hold on facing the kitchen sink or work top. Do ALL of these exercises very slowly. If you feel pain or unwell stop immediately and seek professional help.

- 1 Hip Circles. Make big circles with your waist, 5 to left & to 5 right. Don't move shoulders or feet
- 2 Heel Lifts. Stand on tip toes. Go up and down five times on both feet together. Do this slowly.
- 3 One Leg Stand. Stand on one leg for 5 secs. Then on the other leg for 5 seconds. Do each leg 10 times.
- 4 Knee Lift. Whilst sitting (dining chair or bed), (4B) raise your knee up then down 10 times each leg.
- 5 Arm Raises. Whilst sitting (dining chair or bed), (5B) raise both arms up and down, together. Then bring down sideways to shoulder level (5C) and finally to rest (5).
- 6 Trunk Lifts. Gently bend at the hip and knees to lower yourself. Then up again. Repeat 5 times
- 7 Leg Raises. Lift the same leg up and down 5 times. Repeat on the other side. lift knee as high up as comfortable to do so.
- 8 Ankle Lifts. Whilst holding the sink, raise the same foot up and down, 5 times. Repeat on the other foot.
- 9 Sideways Hip Lift. Whilst holding the sink, move the right leg sideways 5 times. Repeat on the other side.