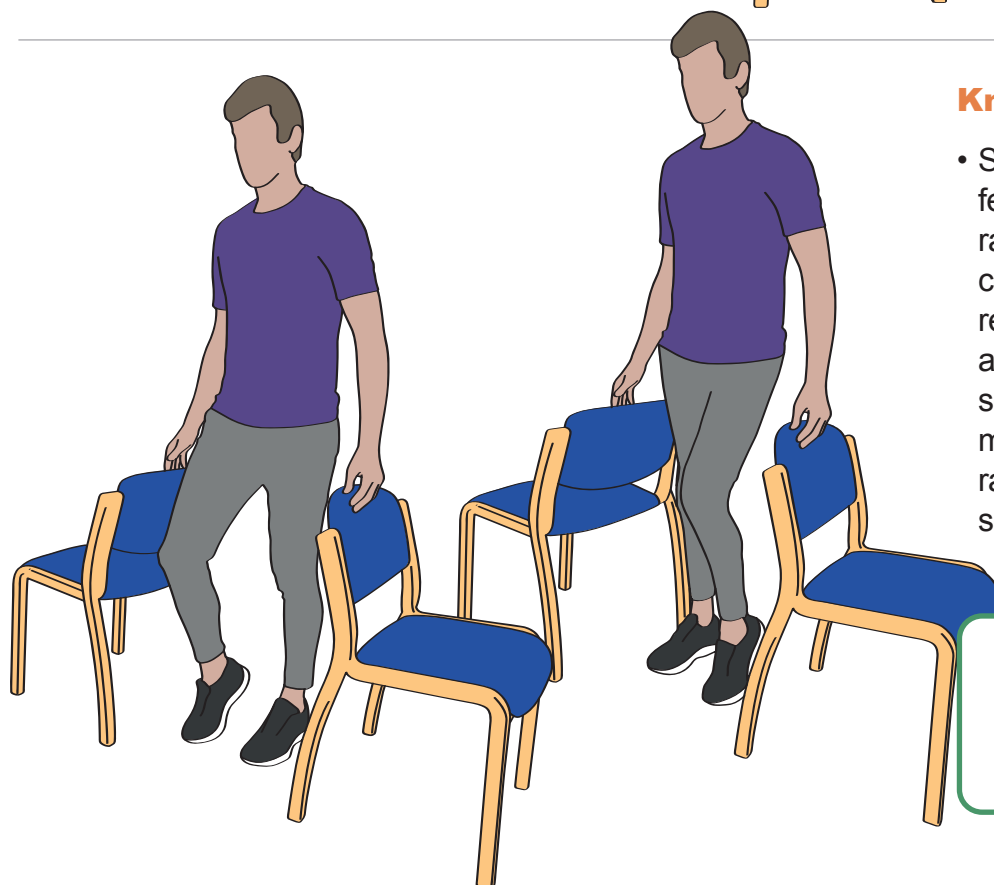
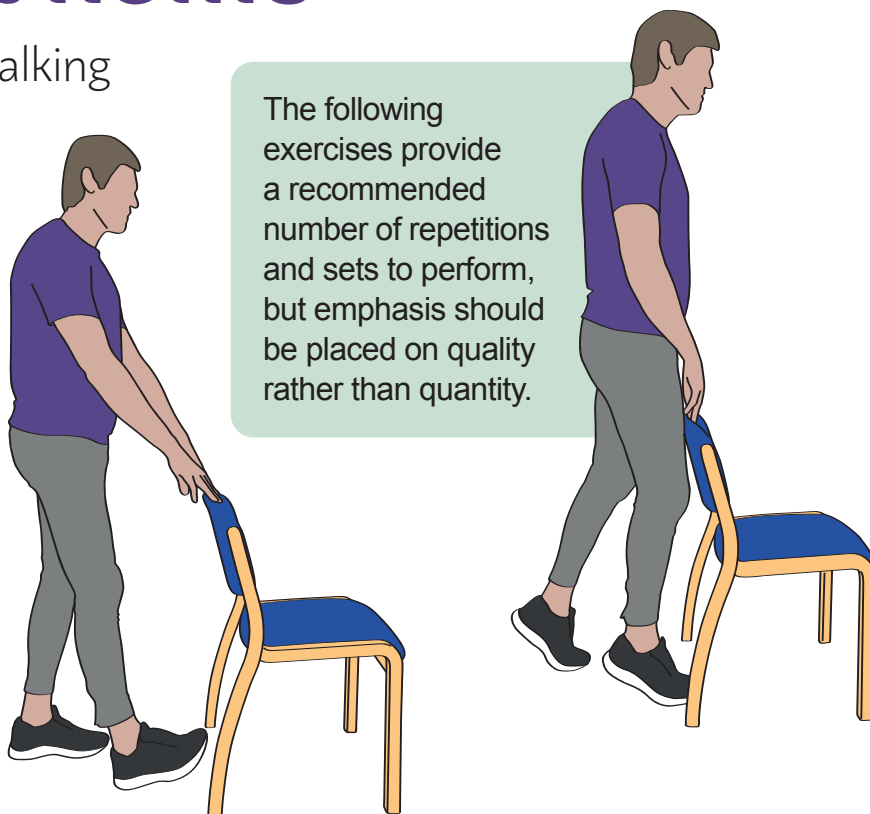


## Exercises at home

### Exercises to help improve walking

#### Rocking heel and toe raises

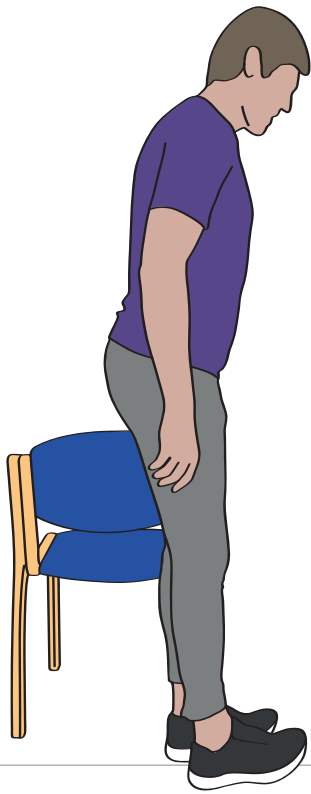
- Standing in a staggered stance, facing the back of a chair for stability, slowly bring your weight forward until you come up onto your toes, pause momentarily and slowly lower down before rocking your weight on to your heels so you toes now come off the floor
- Repeat this five time before changing stance, so you have the opposite leg out in front. Repeat five times



#### Knee raises

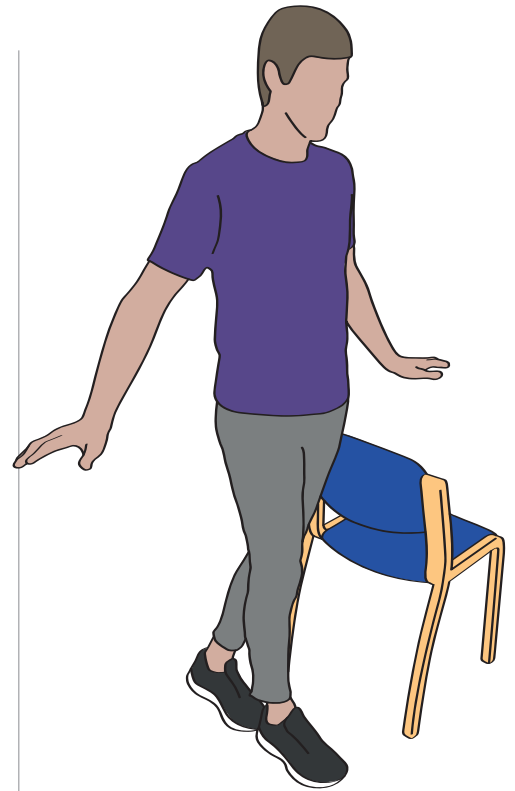
- Standing between two chairs, feet shoulder width apart, slowly raise one knee so your heel comes off the floor and the toe remains in contact. Slowly lower and then repeat on the other leg so you create a marching type movement. Complete 20 knee raises in total, rest for 30 seconds and then repeat

**Tip** To increase difficulty, raise the knee so the foot comes off the floor



### Heel walking

- Holding on to a secure surface, bring your toes off the floor so you are balancing on both heels. Take small steps, no more than a couple of inches at a time along the length of the supporting surface. Once you get to the end, lower back down and turn around to repeat
- Aim to complete a number of lengths that are comfortable for you



### Toe walking

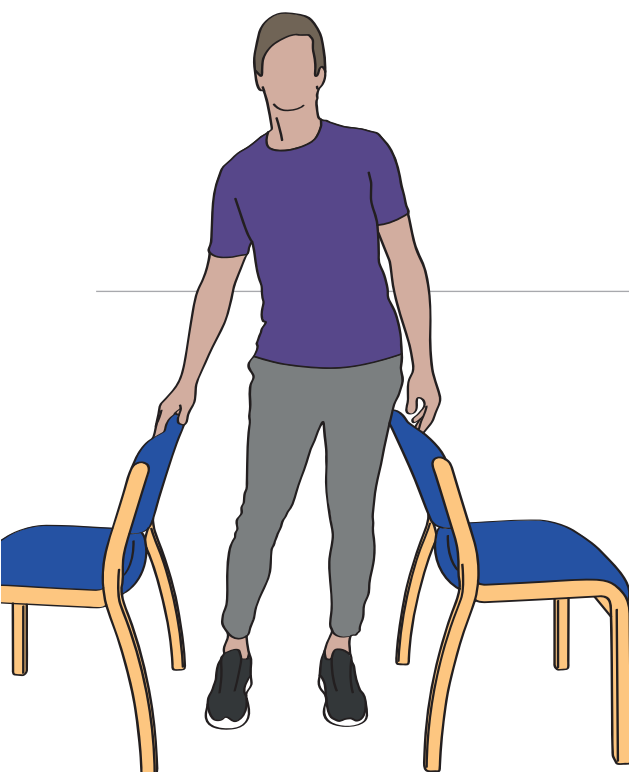
- As with the previous exercise, this time bring your heels off the floor so you are balancing on both toes. Take small steps, no more than a couple of inches at a time, along the length of the supporting surface. Once done, lower back down and turn around to repeat again
- Aim to complete a number of lengths that are comfortable for you



### Heel to toe stance

- Standing between two secure surfaces, stand heel to toe so your feet are in a line. If you are comfortable, you can take your hands off of the supporting surface, maintaining the stance. Try to hold for up to 30 seconds at a time before resting and changing the leading leg

**Tip** To progress this exercise, instead of a static stance, try walking heel to toe



### Hip sways

- Standing between two chairs, feet shoulder width apart, slowly push your hip to one side, shifting your weight on to one leg

(roughly 70 per cent of your weight), hold and then return to the middle before shifting your weight on to the other leg

- Complete two sets, ten times