

Coordination exercises

These simple exercises will help coordination and balance

Before starting these exercises, stand in front of a firm object to help aid your balance and support. This could be the back of a heavy chair or the kitchen worktop. Ensure the space is clear around.



Split stance calf raises

- Stand in front of your chair/firm object. Place your hands on the object in front of you and then place one foot forward and one foot back (roughly so the heel of your front foot is in line with the toe of your back foot, hip-width apart). From this position, push up onto your toes, hold momentary and slowly return to the starting position
- Complete 1-3 sets, of 3-5 reps. Rest inbetween.

Tip Do not allow yourself to return to the starting position by simply 'dropping' back down, but be sure to use a slow and controlled movement.

One legged stance

- Using the firm object again for support, slowly bring one leg off the floor (this only needs to be just off the ground) and balance on the supporting leg. Then alternate with the other leg.
- Hold each stance for 5 seconds, building up to a count of 30 seconds. Repeat twice on each leg.

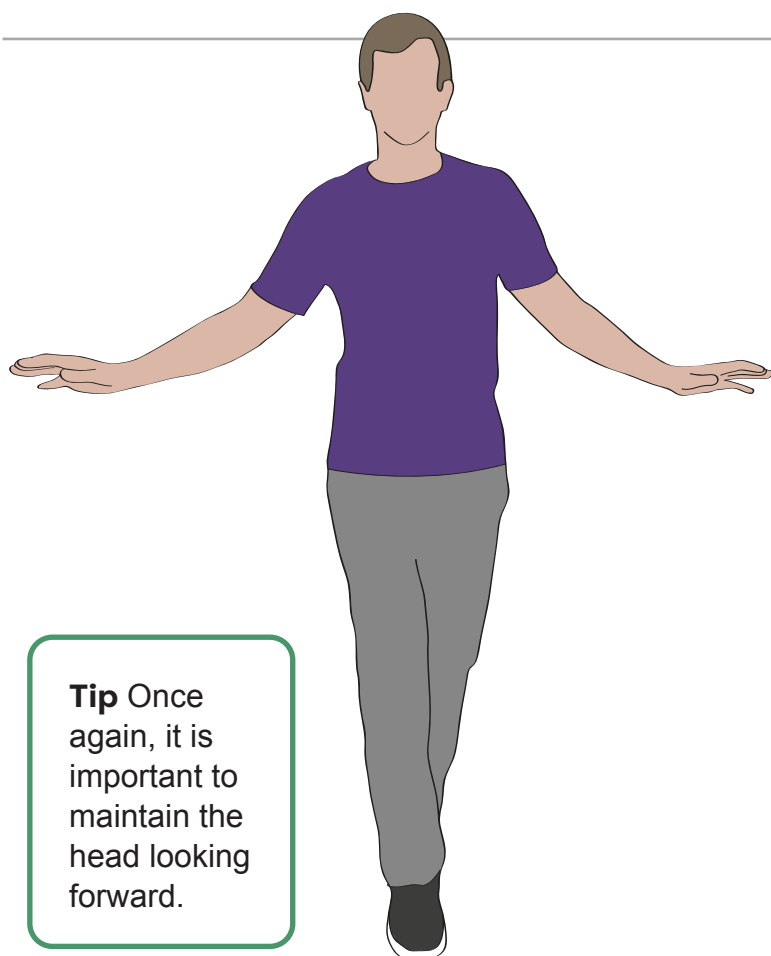
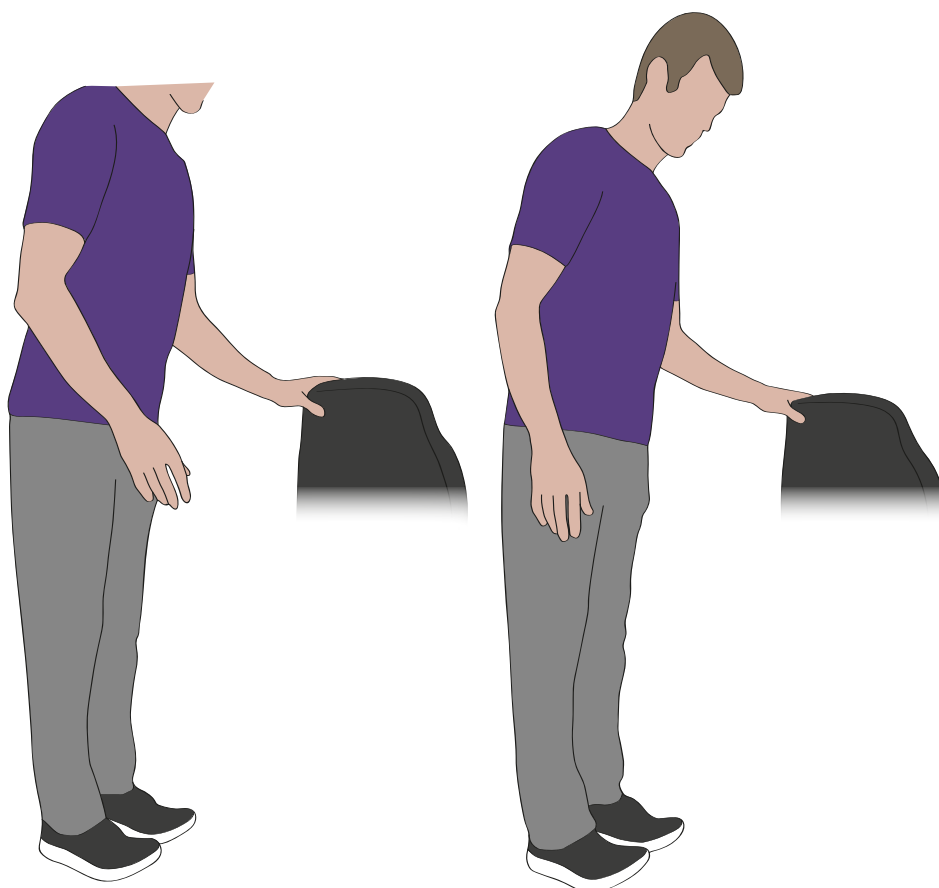
Tip You should keep your head looking forward to replicate the ideal head position when walking.



Tip Be sure to keep an upright posture, do not allow your upper body to lean forward or back, but instead encourage the muscles in the lower leg to do the work.

Calf rocks

- Standing with your feet hip width apart, allow your body weight to come onto your toes so your heels raise off the floor before transferring the weight back again to heels so now your toes come off the floor.
- Complete this exercise 2-3 sets, 5-10 repetitions, resting between each set.

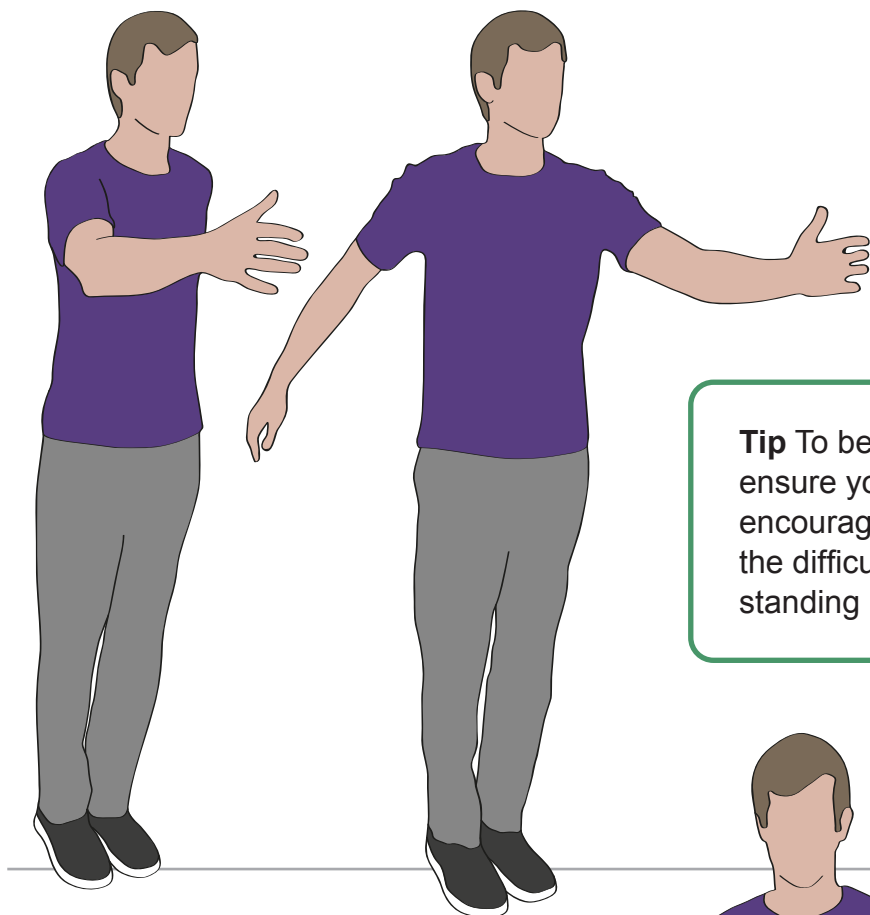


Tip Once again, it is important to maintain the head looking forward.

You can do this exercise either facing your support surface or have it to one side depending how confident you are.

Tight rope stance

- Begin by holding on to the chair/surface to get your feet in the right position so you are heel to toe, like walking a tight rope. From this position you can choose to hold contact with the chair/surface for support or, if you are comfortable, slowly reduce the contact to challenge your balance more (the level of support is something you can use to increase the difficulty as you improve).
- Hold this position for 10-30 seconds and swap leading legs and repeat.



Arm swings

- Standing with your feet hip width apart, swing the arms in a marching fashion alternatively.
- Practice for 30 seconds, rest and then complete for a second time for 30 seconds.

Tip To best replicate the walking motion, ensure you rotate through your torso to encourage the arm swings. You can increase the difficulty of this exercise further by standing in a staggered stance.

Weight shifting

- Stand facing your chair/surface (you can hold on if needed). Place your feet hip width apart so your weight is evenly distributed (50/50). Slowly transfer your weight so you have approximately 80 per cent of your body weight on one leg with the other leg remaining in contact with the floor. Hold for a count of two before transferring your body weight to the other side.
- Complete this 10 times on each leg, rest and repeat again for a second set.

