



**Physiotherapy Department**

# Falls Prevention

## Home exercise programme



<b>My name</b>	
<b>Date started</b>	
<b>My physiotherapist's name</b>	

Living our values *every day*



CARING

SAFE

RESPONSIBLE

VALUE EACH OTHER

INSPIRING

# Welcome to your falls prevention home exercise programme.

Doing regular strength and balance exercises can improve your physical wellbeing and reduce your risk of having a fall. You have been enrolled into this eight week falls prevention programme focussing on strength and balance, tailored for you by Kingston Hospital Physiotherapy team.

## The programme aims to

- Reduce your risk of falls and improve your strength, balance and co-ordination
- Improve your confidence and mood
- Support your wellbeing and independence
- Reduce your risk of coming back to hospital.

## To get the best results you will need to:

- Practice your exercises at home at least 5 times a week, picking 3 exercises to do per session
- The recommended guidelines is at least 150 minutes of moderate intensity activity a week, this can be spread over the week
- Once a week aim to complete the booklet with your allocated volunteer (for eight weeks) and take part in a weekly phone call with your allocated volunteer (for the first four weeks only).

# Staying safe during Exercise

- Always warm up before exercise and cool down afterwards. These exercises are designed to make it safe for you to move your body and get the most benefit from exercising. Please follow the exercises as guided by the physiotherapist and volunteer supporting you.
- Never exercise holding on to an object which may move. Make sure that the chair/table/kitchen sink you use is sturdy and stable.
- Wear comfortable clothes and supportive, non-slip footwear.
- Remain hydrated and make sure you are not exercising on an empty stomach
- **If you experience chest pain, dizziness or severe shortness of breath stop immediately and immediately contact your GP. Or call NHS 111**
- If you experience pain in your joints or muscles, stop, check your technique and try again
- If you have any questions or concerns about this programme, please do not hesitate to contact us on: 020 xxx.

# Warm up exercises

Always begin with a warm up to prepare your body for the main workout.

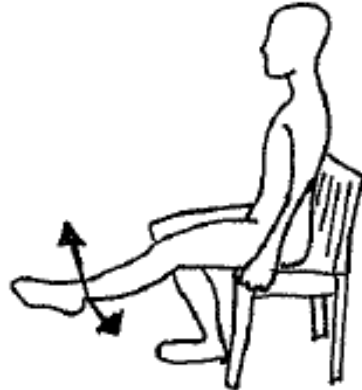
## Leg march

- Sit tall
- Hold the sides of the chair
- Lift your feet one at a time and place them back down under control flat on the floor
- Continue for 30 seconds.



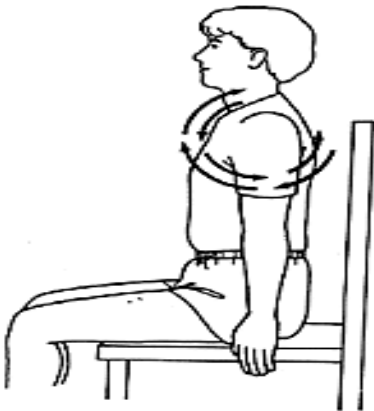
## Ankle circles

- Sit tall away from the chair back
- Lift one foot out in front of you. Circle your ankle in one direction and then the other.
- Repeat on the other leg.



## Shoulder circles

- Sit tall with your arms hanging at your sides
- Lift both shoulders up to your ears, roll them back and down.
- Repeat slowly 5 times
- Do one shoulder at a time if that feels easier.



## Arm swings

- Sit tall away from the back of the chair
- Place your feet flat on the floor beneath your knees
- Bend your elbows and swing your arms from the shoulder
- Build to a comfortable rhythm
- Continue for 30 seconds.



# Main exercises

There are 10 exercises divided into 3 sections; lower body, upper body and balance.

- Choose 3 exercises each time you use this programme, one from each section.
- Select different exercises each time so that you have done them all by the end of the week.

In order to strengthen muscles we need to exert them. To be working at the correct resistance you need to be just about able to do the target number.

## Top tips

- Breathe naturally— it can help to count your repetitions out loud
- Maintain good upright posture throughout
- Little and often is key
- These exercises are simple enough to add into your daily routine for example; seated exercises whilst watching TV or heel raises whilst the kettle is boiling for your tea
- If it feels too easy, it is too easy— use the progression prompts found on each exercise.

# Lower body exercises

## Exercise 1 - Sit to Stand

Targets all the muscles in your legs – this exercise will help make it easier getting up from a chair.

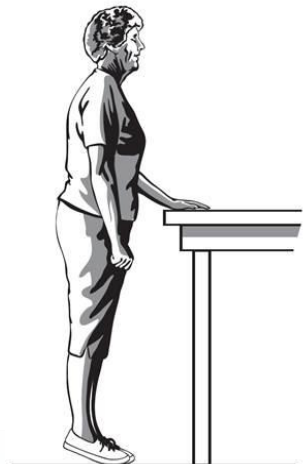
- Sit tall near the front of the chair
- Place your feet slightly behind your knees, lean forwards
- Stand up tall (with minimal use of hands)
- Target number: 5-10
- Progression: If it is easy increase the target number (e.g. 12 to 15 times).



## Exercise 2 - Heel raises

Targets muscles in the back of your lower leg – this exercise will help increase ankle movement.

- Stand tall holding onto a sturdy support
- If you feel unsteady hold on with two hands
- Raise your heels coming up onto your tip toes
- Target number: 8-12
- Progression: If it is easy increase the target number (e.g. 12 to 15 times).

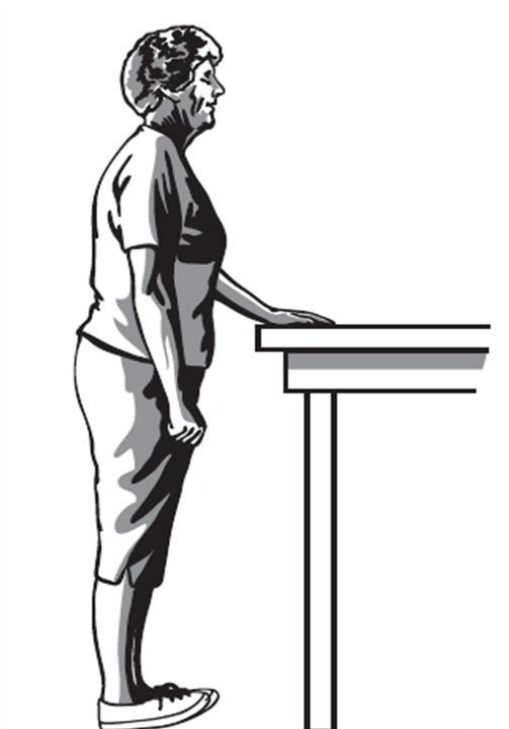




## Exercise 3 - Toe raises

Targets muscles in the front of your lower leg – this exercise will help increase flexibility and strength in your ankles.

- Stand tall holding onto a sturdy support
- If you feel unsteady hold on with two hands
- Raise your toes, coming onto your heels
- Keep your hips forward
- Target number: 8-12
- Progression: If it is easy increase the target number (e.g. 12 to 15 times).



## Exercise 4 - Marching

Targets all your leg muscles- this exercise will challenge your heart rate and help improve your overall mobility and fitness.

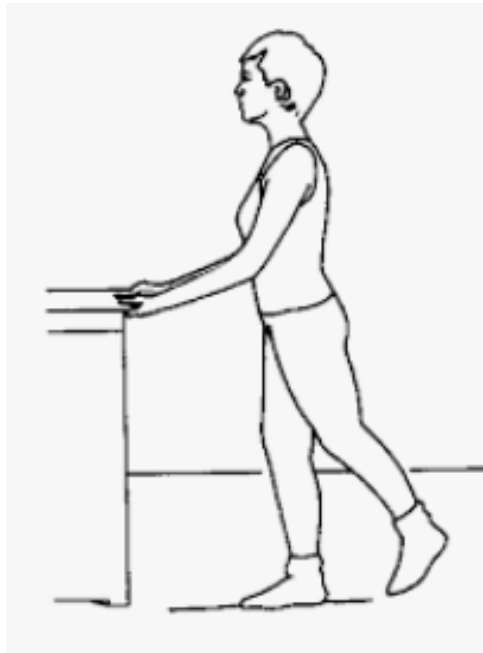
- Stand to the side of your support holding on with one hand
- Stand tall
- March on the spot with alternate legs swinging your free arm
- Make sure you lift your feet off the ground
- Target number: 1 minute
- Progression: If easy consider extending up to 2 minutes.



## Exercise 5 - Hip extension

Targets muscles in your bottom and back of leg - this exercise will help improve your lower body strength as well as support the muscles in your lower back.

- Stand tall holding onto a sturdy support with both hands
- Raise one leg backwards as far as you can comfortably and keeping your body upright. Keep your foot off the floor and return
- Avoid arching your lower back and leaning forward
- Repeat on your other leg
- Target number: 8-12
- Progression: If it is easy increase the target number (e.g. 12 to 15 times).



## Exercise 6 – standing hip abduction

Targets muscles in your bottom and outer thigh –this exercise will strengthen your hip area.

- Stand, holding on to a sturdy support
- Take one leg to the side slowly
- Keep your upper body upright
- Keep toes facing forwards
- Return to starting position
- Turn around and repeat on left leg
- Target number: 8-12
- Progression: If it is easy increase the target number (e.g. 12 to 15 times).

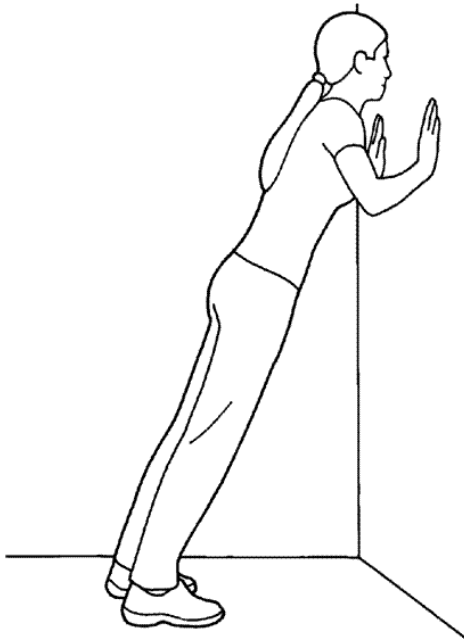


# Upper body exercises

## Exercise 7 - Wall press

Targets muscles in your chest and the back of your arm - this exercise will help improve your upper body strength

- Place your hands on a wall or fixed object at chest height with straight elbows
- Put feet hip width apart
- Keeping your back straight, bend your elbows lowering your head and chest towards the wall
- Push back against the wall straightening your elbows.
- Target number: 5-10
- Progression: If it is easy increase the target number.



## Exercise 8 – Towel wringing

Targets muscles in your wrists and forearms– this exercise will help with grip strength

- Stand or sit with tall posture and your elbows bent at your sides
- Grip the towel firmly with both hands and slowly twist the towel as if you are wringing water out of it.
- Hold for a slow count of 5 each way
- Target number: 8-12
- Progression: If it is easy increase the target number.

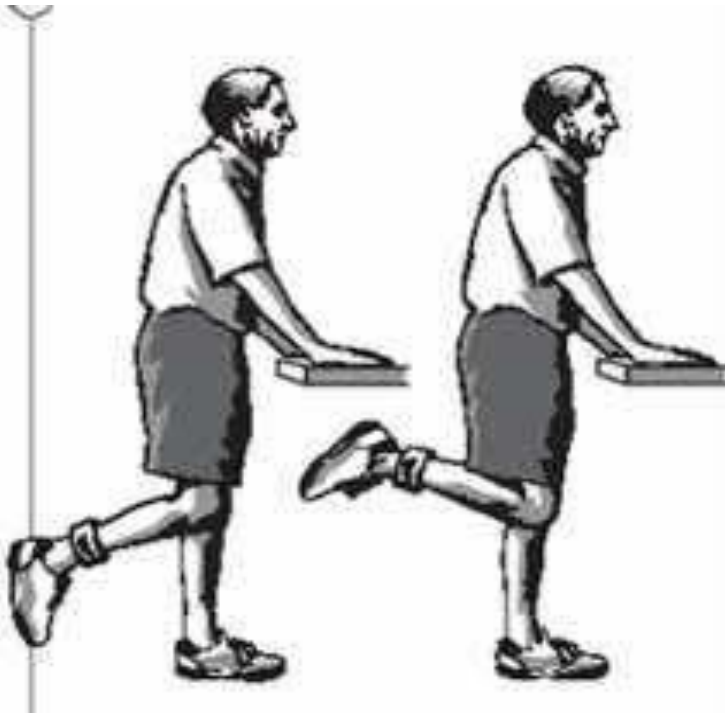


# Balance exercises

## Exercise 9 – single leg stand

Targets muscles in your standing leg (mostly your bottom muscles)- this exercise will help strengthen your hip area and improve balance

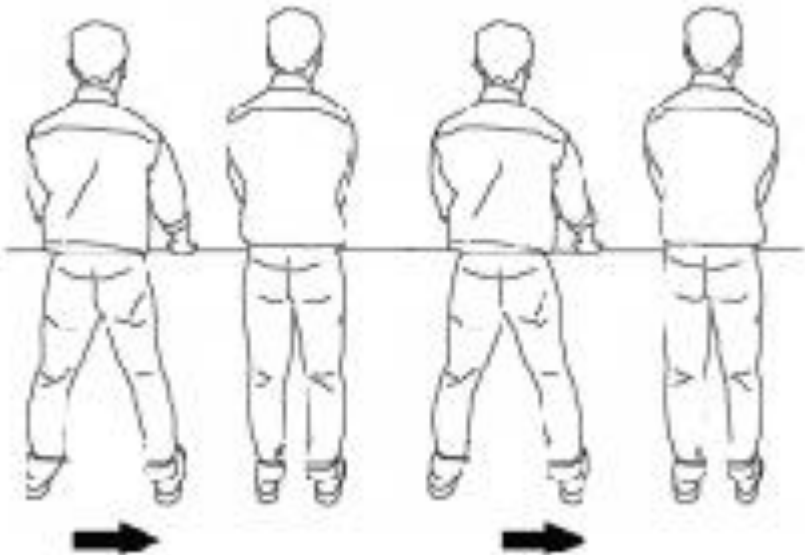
- Stand tall holding onto a sturdy support with both hands
- Shift your weight onto one leg, gently raise the other leg and hold the position for 5-10 seconds
- Repeat on your other leg
- Target number: 5-10 seconds each leg
- Progression: If it is easy try increasing the time to 30 secs.



## Exercise 10 - Side steps

Targets all leg muscles– this exercise will help with co-ordination and balance

- Stand tall holding the chair/table/kitchen sink
- Step to your right side and slightly bend your knee
- Step back to the centre
- Repeat on your left side
- Target number: 8-12
- Progression: If it is easy increase the target number (e.g. 12 to 15 times)
- When confident, try holding the support with only one hand.





# Your cool down exercises

You may experience some muscle soreness following exercise which should settle within a few days. This is to be expected as your muscles need to learn to adapt to the exercises. Completing stretches in your cool down can help lower your heart rate at a safe rate and reduce your risk of injury.

## Stretches

During all stretches make sure you are breathing naturally.

### **Chest stretch**

- Sit tall away from the chair back
- Hold your hands behind your back (alternatively place a towel behind you to fill the gap)
- Press your chest forwards and upwards until you feel the stretch across your chest
- Hold for 20 Seconds.



## Shoulder stretch

- Sit tall away from the chair back
- Wrap one arm around your body
- Use the other hand to pull the arm closer to you
- Hold for 20 seconds
- Repeat on the other side.



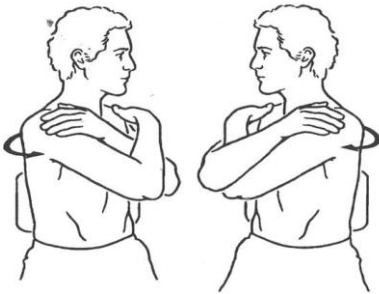
## Back of arm stretch

- Take one hand behind your head
- Elbow pointing up
- Use the other hand to push your elbow back
- Keep your head facing forwards
- Hold for 20 seconds
- Repeat on the other side.



## Trunk stretch

- Sit tall away from the back of the chair and your arms folded across your chest
- Rotate your upper body to one side but try and keep your hips in one spot.
- Keep your head in line with your body.
- Hold for 15-20 seconds and repeat on the other side.



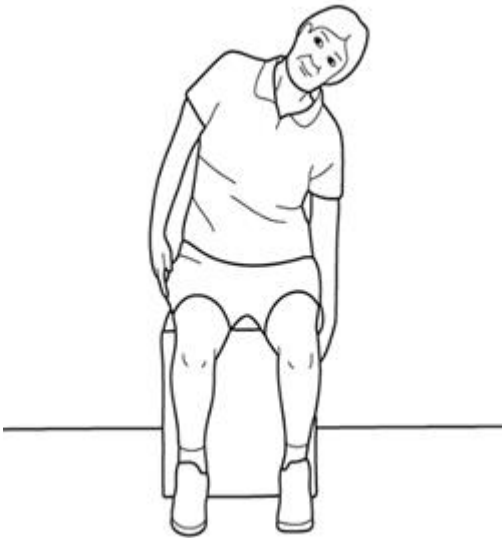
## Back of lower leg stretch

- Stand behind the chair holding the chair back
- Step back with one leg checking that both feet point forward and your back heel is on the floor
- Press your back heel into the floor until you feel the stretch in the back of your lower leg
- Hold for 20 seconds
- Repeat on your other leg.



## Side stretch

- Sit tall away from the back of the chair with your arms by your sides
- Lean to one side until you feel the stretch between your ribcage and hips
- Hold for 20 seconds
- Repeat on your other side.



## Your exercise log

Please use this diary to record any exercise you do in between sessions with your allocated volunteer

<b>Date</b>	<b>Exercises Undertaken</b>	<b>Your notes e.g. what was hard, what was easy</b>
E.g. 21/12/21	Completed exercises 2, 5 and 8	Progressed exercise 2 to target of 15. Noted sore muscles in right forearm during towel wringing

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# How to contact us



Falls Prevention Community Exercise Volunteers

Volunteering Service

Kingston Hospital, Galsworthy Road

Kingston,

020 xxx

	
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