

Falls Prevention Home Exercise Programme



Patient Name

Date Issued

Physiotherapist name

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 and prescribed 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 exercise 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 complete the booklet and notes 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

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 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 about the exercise programme or concerns about falling, please do not hesitate to contact us on:
07xxx.

WARM UP EXERCISES

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

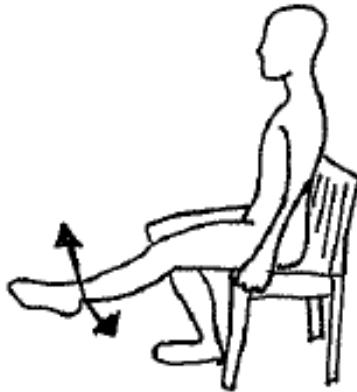
Leg March

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



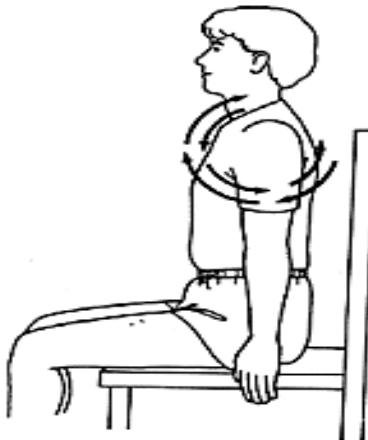
Ankle circles

- 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 below 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; Upper body, lower 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.

TIPS:

- Breath 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.
- If it feels too easy, it is too easy— use the progression prompts found on each exercise.

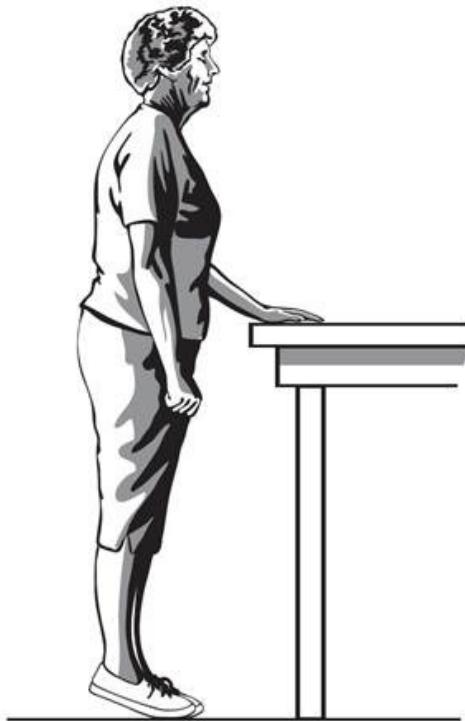
LOWER BODY EXERCISES

1. Sit to Stand - Targets all leg muscles— 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)



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)



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)



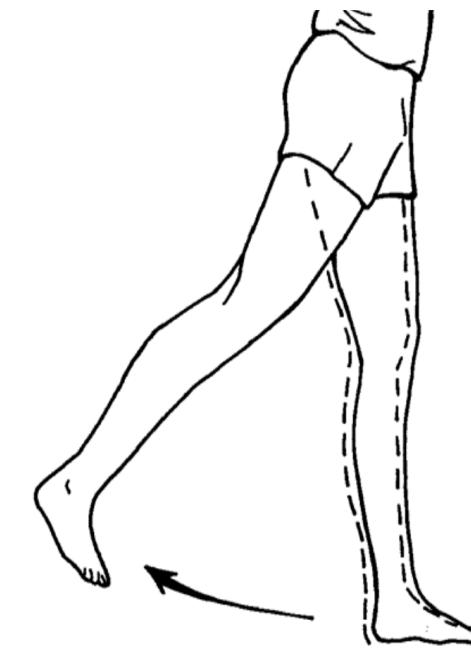
4. **Marching** - targets all muscles in your legs and will challenge your heart rate– this exercise will help improve your overall mobility and fitness

- Stand to the side of your support holding on with one hand
- Stand tall
- March on the spot 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



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 two both hands
- Raise one leg backwards, 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)



6. Standing hip abduction - targets muscles in your bottom and outer thigh– this exercise will strengthen your hip area

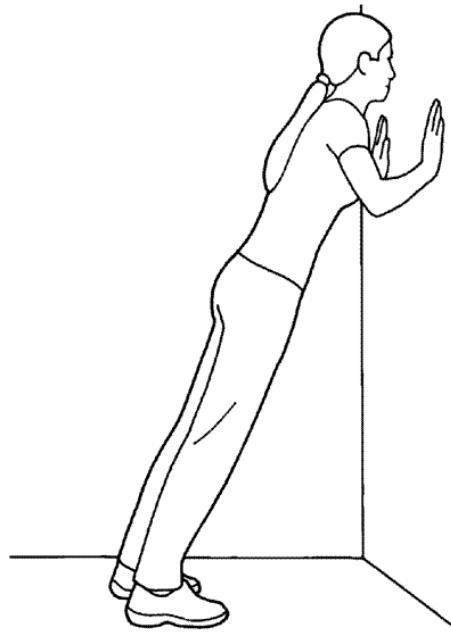
- Stand, holding on to a sturdy support
- Take one leg to the side slowly
- Keep your upper body upright
- Keep toes facing forwards
- Return to starting position
- Repeat on left leg
- **Target number:** 8-12
- **Progression:** If it is easy increase the target number (e.g. 12 to 15 times)



UPPER BODY EXERCISES

7. Wall Press - Targets muscles in your chest and the back of your arms– this exercise will help improve your upper body strength

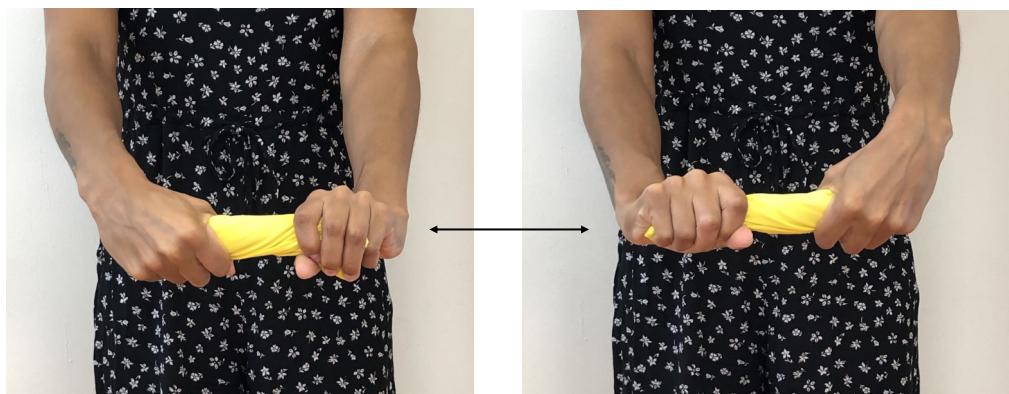
- Place your hands on a wall or fixed object at chest height with straight elbows.
- Feet hip width apart
- Keeping your back straight, bend your elbows lowering your head and chest towards the wall
- Push back against the wall straightening your elbows.
- **Target number:** 5-10
- **Progression:** If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



BALANCE EXERCISES

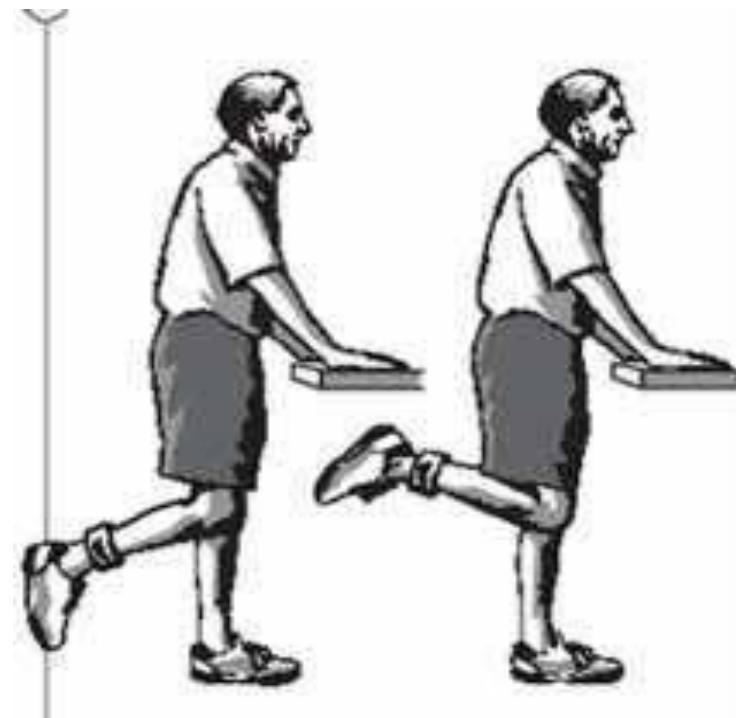
8. Towel Wringing - Targets muscles in your wrists and forearms– this exercise will help with grip strength

- 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 seconds each way
- **Target number:** 8-12
- **Progression:** If it is easy increase the target number



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

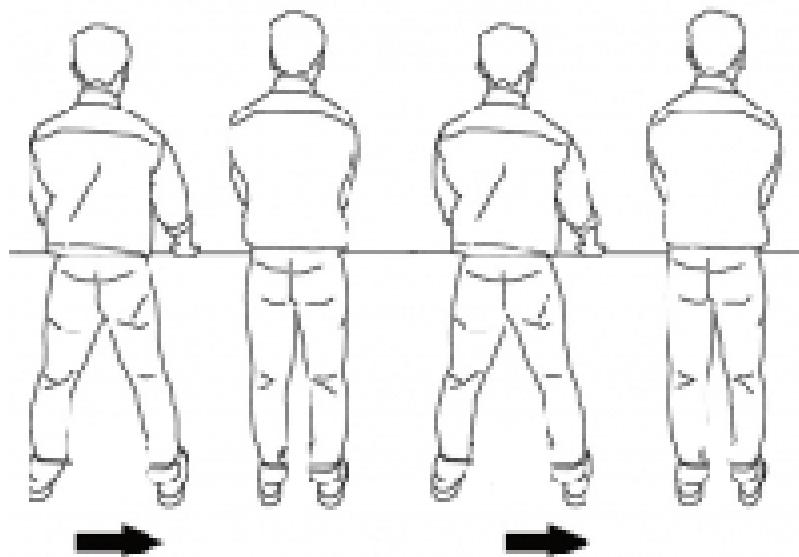
- Stand tall holding onto a sturdy support with both hands
- Shift your weight onto one leg, gently raise the other leg and hold the position for 5-10 seconds
- Repeat on your other leg
- **Target number:** 5-10 seconds each leg
- **Progression:** If it is easy try increasing the time to 30secs



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.



COOL DOWN

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

- Wrap one arm around your body
- Use the other hand to pull the arm closer to you
- Hold for 20 seconds
- Repeat on each side



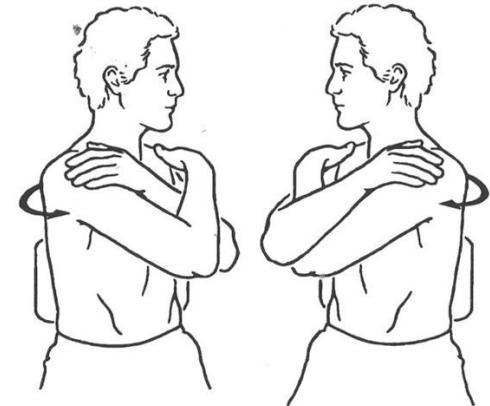
Back of arm stretch

- 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 each 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
- Hold for 15-20 seconds and repeat on the other side



Back of lower leg Stretch

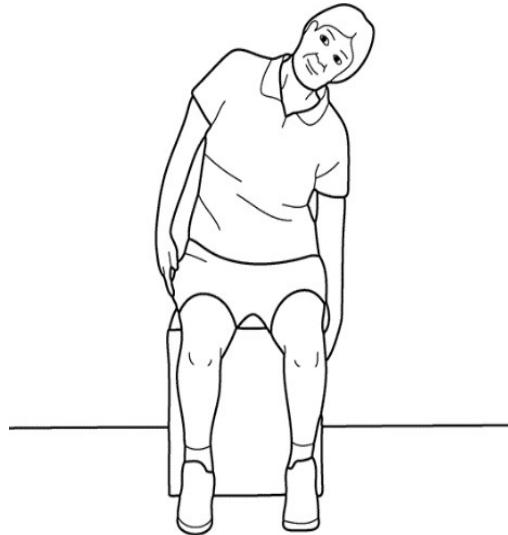
- Stand behind the chair holding the chair back
- Step back with one leg checking that both feet point forward and your back heel is on the floor
- Press your back heel into the floor until you feel the stretch in the back of your lower leg
- Hold for 20 seconds
- Repeat on your other leg



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





EXERCISE LOG

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

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**Falls Prevention Community Exercise Volunteers
Volunteering Service
Kingston Hospital, Galsworthy Road
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0208 9xxx**



Who are Helpforce:

Helpforce is an independent not-for-profit company who partners with health and care organisations across the UK to accelerate the growth and impact of volunteering. They co-create innovative volunteering projects, measure the impact of volunteers on people and services and rapidly share insight and best practice across health and care.



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