

# Strength and balance

## – exercise program to prevent falling

Moderate  
program

This program is based on the OTAGO exercise program (Campbell & Robertson 2003), which has been proven effective in fall prevention.

- Do the exercises three times per week.
- Start by doing 10 repetitions of each exercise. Take a break and repeat the exercise 1–2 times. If you do not have ankle cuff weights, you can also do the weight exercises using a resistance band.
- If you use a table or chair for support during the exercises, make sure it is sturdy and will stay in place. As you progress, stay close to the table or chair but use it less.
- Warm up a bit before starting the exercises. You can take a short walk or, for example, march in place for a few minutes while sitting or standing.

## Knee extension

- Strap the weight on to your ankle. Sit on a chair with your back straight and well supported.
- Extend your knee until your leg is completely straight and then slowly lower the leg to the starting position.
- Switch the weight to the other ankle and repeat the exercise.

**Alternatively**, you can make a loop out of a resistance band and place it around your ankle and the leg of the chair. The band resists the movement when you extend your knee.

Repeat  
10 times. Take a  
break and repeat  
the exercise  
1–2 times.



## Knee flexion

- Strap the weight on to your ankle. Stand up tall, keep your back straight and look ahead. Hold on to, for example, the back of a chair or a table.
- Bend the knee and lift your foot up towards your bottom. Slowly lower your foot.
- Switch the weight to the other ankle and repeat the exercise.

**Alternatively**, you can make a loop out of a resistance band and place it around your ankle and the leg of the chair or table. The band resists the movement when you flex your knee.



## Standing side leg raise

- Strap the weight on to your ankle. Stand beside a table or chair and hold on to it with one hand. Stand up tall and keep your back straight throughout the movement, without leaning on the table or chair.
- Keep the exercising leg completely straight and lift it to the side. Slowly lower the leg.
- Switch the weight to the other leg, turn around and repeat with the other leg.

**Alternatively**, you can make a loop out of a resistance band and place it around both of your legs. The band resists the movement when you lift your leg to the side.



## Heel raises

- Stand up tall, keep your back straight and look ahead. Make sure your legs are shoulder-width apart.
- Rise up onto your toes and then lower your heels to the ground.



## Squats

- Stand up tall, keep your back straight and look ahead. Make sure your legs are shoulder-width apart. Place your hands on your hips or in a relaxed position beside your body.
- Squat by leaning your upper body forward, bending your knees and pushing your bottom back as if you were sitting on a chair. Keep your knees and toes pointing forward and your heels on the floor throughout the movement.
- Return to an upright position.



## Sideways walking

- Stand up tall, keep your back straight and look ahead. Place your hands on your hips.
- Take 10 side steps to the right and then take 10 side steps to the left.

Take a break and repeat the exercise 1-2 times.



# Heel toe walking

- Stand up tall, keep your back straight and look ahead.
- Take a step by placing one foot directly in front of the other as if you were walking along a line.
- Take 10 steps like this, turn around and walk back the same way.

You can balance the position by holding your arms out to the sides or holding on to a wall or table with one hand.

Take a break and repeat the exercise 1–2 times.



# One leg stand

- Stand close to a table or chair for support. Stand up tall, keep your back straight and look ahead.
- Lift a leg into the air and stand on one leg.
- Try to hold this position for 10 seconds.
- Repeat with the other leg.

Take a break and repeat the exercise 1–2 times with each leg.

