

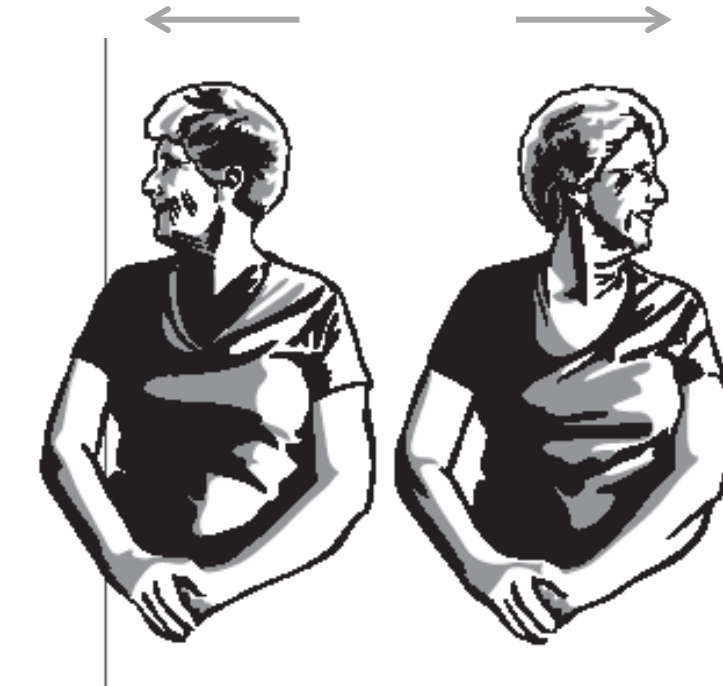
# Otago Exercise Program Activity Booklet

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## Head Movements

- Stand up tall and look ahead.
- Slowly turn your head as far as you can to the right.
- Slowly turn your head as far as you can to the left.
- Repeat five times to each side.



## Neck Movements

- Stand up tall and look ahead.
- Place one hand on your chin.
- Guide your head straight back.
- Repeat five times.



## Back Extension

- Stand up tall with feet shoulder-width apart.
- Place your hands on the small of your back.
- Gently arch your back.
- Repeat five times.



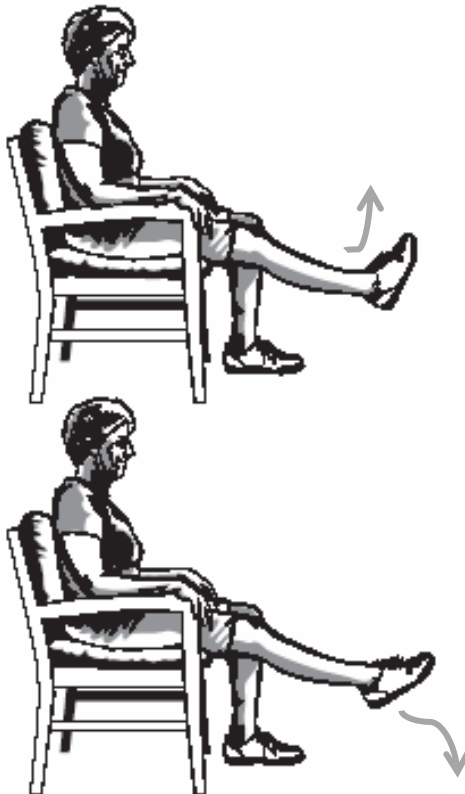
## Trunk Movements

- Stand up tall and place your hands on your hips.
- Do not move your hips.
- Turn as far as you can to the right, comfortably.
- Turn as far as you can to the left, comfortably.
- Repeat five times to each side.



## Ankle Movements

- Either stand or sit.
- Pull the foot towards you, then point the foot down.
- Repeat 10 times for each foot.



## Strength Exercises

Strengthening exercises are essential for maintaining healthy bones and the muscles necessary for walking and being independent in your daily activities.

You should aim to do these exercises three times a week with a rest day in between.

Your physical therapist will prescribe certain weights for you to use during these exercises and may also prescribe additional weight as you become stronger. Using too much weight before your physical therapist tells you it is okay may cause injury.



Lift the weight slowly through the entire range of movement. Never hold your breath while lifting. Inhale before lifting, exhale while lifting, and inhale again while lowering the weight.



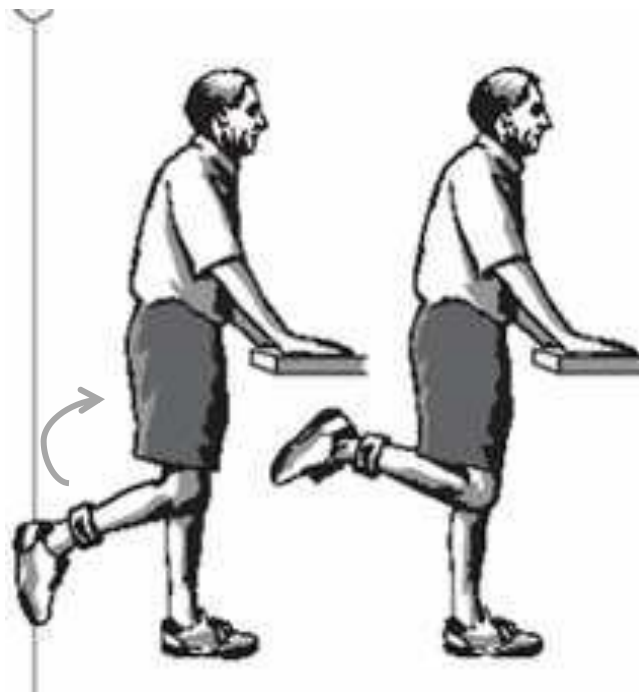
## Front Knee Strengthening Exercise

- Strap the weight onto your ankle.
- Sit in a chair with your back well supported.
- Straighten the leg out.
- Lower the leg.
- Repeat 10 times.
- Strap the weight onto your other ankle.
- Repeat this exercise 10 times.



## Back Knee Strengthening Exercise

- Strap the weight onto your ankle.
- Stand up tall facing a table with both hands on the table.
- Bend the knee, bringing the foot toward your bottom.
- Return to the starting position.
- Repeat 10 times.
- Strap the weight onto your other ankle.
- Repeat this exercise 10 times.



## Side Hip Strengthening Exercise

- Strap the weight onto your ankle.
- Stand up tall beside a table and hold onto it.
- Keep the exercising leg straight and the foot facing straight ahead.
- Lift the leg out to the side and return.
- Repeat 10 times.
- Strap the weight onto your other ankle.
- Turn around.
- Repeat this exercise 10 times.



## Calf Raises – Hold Support

- Stand up tall facing a table.
- Hold onto the table and look ahead.
- Your feet should be shoulder-width apart.
- Come up onto your toes.
- Lower your heels to the ground.
- Repeat this exercise 10 times.



## Calf Raises – No Support

- Stand up tall near a table and look ahead.
- Your feet should be shoulder-width apart.
- Come up onto your toes.
- Lower your heels to the ground.
- Repeat this exercise 10 times.



## Toe Raises – Hold Support

- Stand up tall beside a table.
- Hold on and look ahead.
- Your feet should be shoulder-width apart.
- Come back onto your heels, raising your front foot off the floor.
- Lower your feet onto the ground.
- Repeat this exercise 10 times.



## Toe Raises – No Support

- Stand up tall near a table and look ahead.
- Your feet should be shoulder-width apart.
- Come back onto your heels, raising your front foot off the floor.
- Lower your feet to the ground.
- Repeat this exercise 10 times.



## Balance Exercises

Balance is important for everyday activities. The following quick balance exercises should be done three times a week, but you are encouraged to do them as often as you can! They can be done every day.





## Knee Bends – Hold Support

- Stand up tall facing a table with both hands on the table.
- Place your feet shoulder-width apart.
- Squat down half way, bending your knees.
- The knees go over the toes.
- When you feel your heels start to lift, straighten up.
- Repeat \_\_\_\_ time(s).



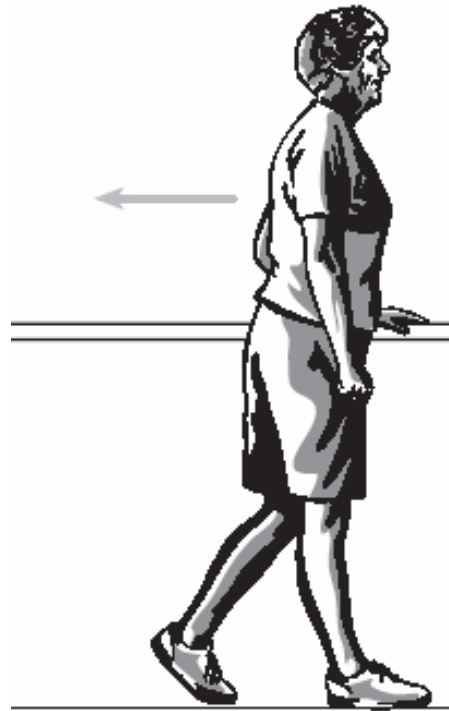
## Knee Bends – No Support

- Stand up tall near a table and look ahead.
- Place your feet shoulder-width apart.
- Squat down half way, bending your knees.
- The knees go over the toes.
- When you feel your heels start to lift, straighten up.
- Repeat \_\_\_\_ time(s).



## Backwards Walking – Hold Support

- Stand up tall and hold onto a table.
- Walk backwards 10 steps.
- Turn around and hold on with the other hand.
- Walk backwards 10 steps to the beginning.
- Repeat this exercise.



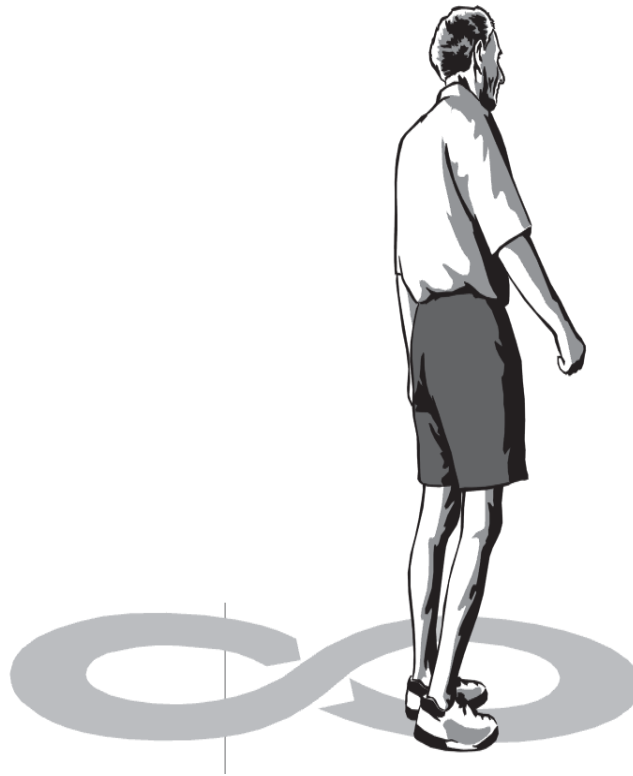
## Backwards Walking – No Support

- Stand up tall near a table and look ahead.
- Walk backwards for 10 steps.
- Turn around.
- Walk backwards 10 steps to the beginning.
- Repeat.



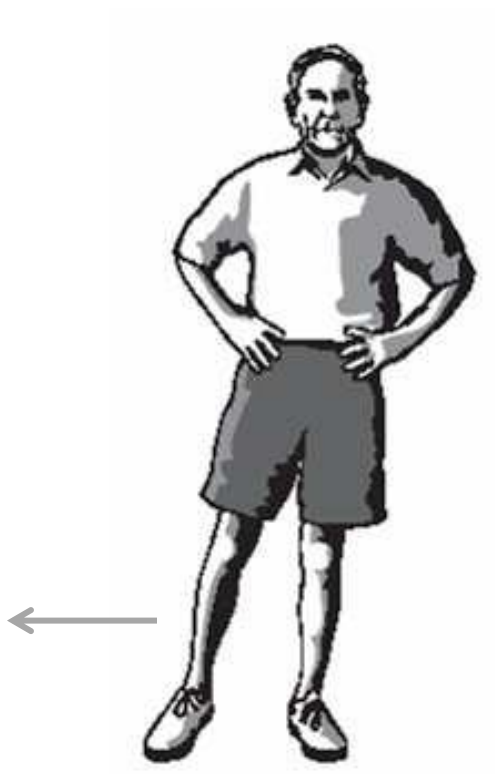
## Walking and Turning Around

- Stand near a table.
- Walk at your regular pace.
- Turn in a clockwise direction.
- Walk back to your starting position.
- Turn in a counter-clockwise direction.
- The exercise is a figure-eight movement.
- Repeat this movement.



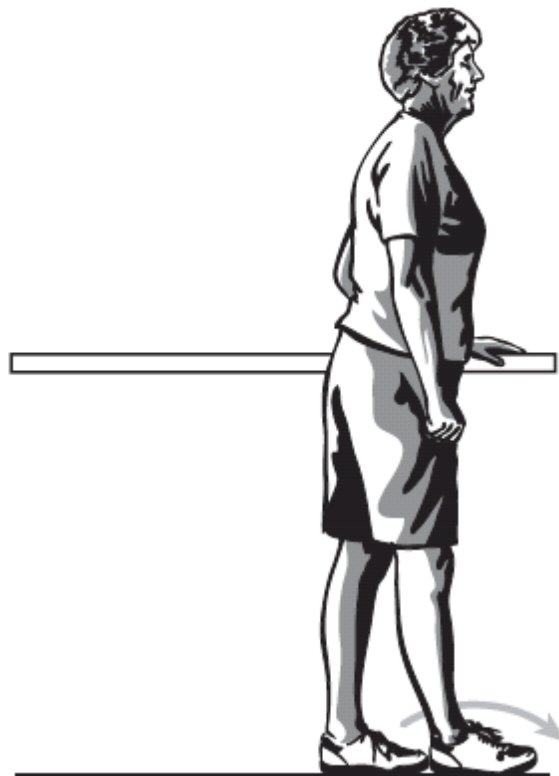
## Sideways Walking

- Stand up tall near a table and place your hands on your hips.
- Take 10 steps to the right.
- Take 10 steps to the left.
- Repeat.



## Heel Toe Standing – Hold Support

- Stand up tall beside a table.
- Hold onto the table and look ahead.
- Place one foot directly in front of the other foot so your feet form a straight line.
- Hold this position for 10 seconds.
- Change position and place the foot behind directly in front of the other.
- Hold this position for 10 seconds.



## Heel Toe Standing – No Support

- Stand up tall near a table and look ahead.
- Place one foot directly in front of the other so your feet form a straight line.
- Hold this position for 10 seconds.
- Change position and place the foot behind directly in front of the other.
- Hold this position for 10 seconds.





## Heel Toe Walking – Hold Support

- Stand up tall beside a table.
- Hold on and look ahead.
- Place one foot directly in front of the other so your feet form a straight line.
- Place the foot behind directly in front of the other.
- Repeat for 10 more steps.
- Turn around.
- Repeat this exercise.



## Heel Toe Walking – No Support

- Stand up tall near a table and look ahead.
- Place one foot directly in front of the other so your feet form a straight line.
- Place the foot behind directly in front of the other.
- Repeat for 10 more steps.
- Turn around.
- Repeat the exercise.



## One Leg Stand – Hold Support

- Stand up tall beside the table.
- Hold on and look ahead.
- Stand on one leg.
- Try to hold this position for 10 seconds.
- Stand on the other leg.
- Try to hold this position for 10 seconds.



## One Leg Stand – No Support

- Position yourself near a table.
- Stand on one leg.
- Try to hold this position for 10 seconds.
- Stand on the other leg.
- Try to hold this position for 10 seconds.



## Heel Walking – Hold Support

- Stand up tall beside a table.
- Hold on and look ahead.
- Come back onto your heels, raising the front of your foot off the floor.
- Walk 10 steps on your heels.
- Lower your feet to the ground and turn around.
- Walk 10 steps on your heels.
- Repeat.



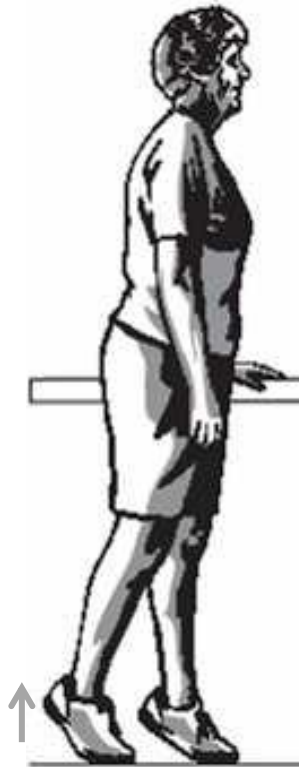
## Heel Walking – No Support

- Stand up tall near a table and look ahead.
- Come back onto your heels, raising the front of your foot off the floor.
- Walk 10 steps on your heels.
- Lower your feet to the ground and turn around.
- Walk 10 steps on your heels.
- Repeat.



## Toe Walking – Hold Support

- Stand up tall beside a table.
- Hold on and look ahead.
- Come up onto your toes.
- Walk 10 steps on your toes.
- Lower your heels to the ground and turn around.
- Walk 10 steps on your toes.
- Repeat.



## Toe Walking – No Support

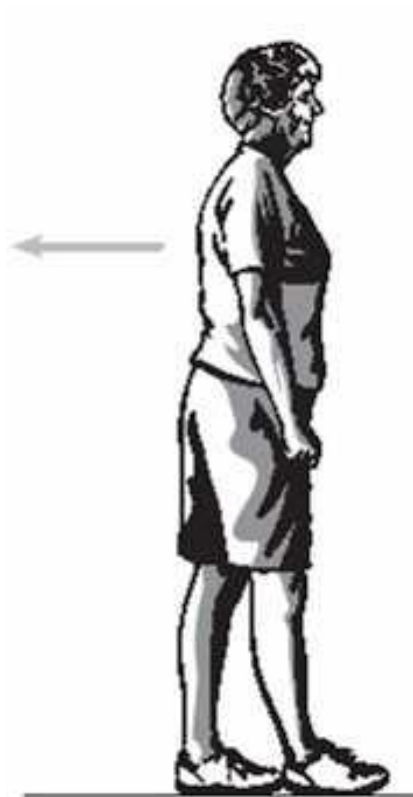
- Stand up tall near a table and look ahead.
- Come up onto your toes.
- Walk 10 steps on your toes.
- Lower your heels to the ground and turn around.
- Walk 10 steps on your toes.
- Repeat.





## Heel Toe Walking Backwards

- Stand up tall near a table and look ahead.
- Place one foot directly behind the other foot.
- Place the foot in front directly behind.
- Repeat for 10 more steps.
- Turn around.
- Repeat the exercise.



## Stand To Sit – Two Hands

- Sit on a chair that is not too low.
- Place your feet behind your knees.
- Lean forward over your knees.
- Push off with both hands to stand up.
- Repeat \_\_\_ time(s).



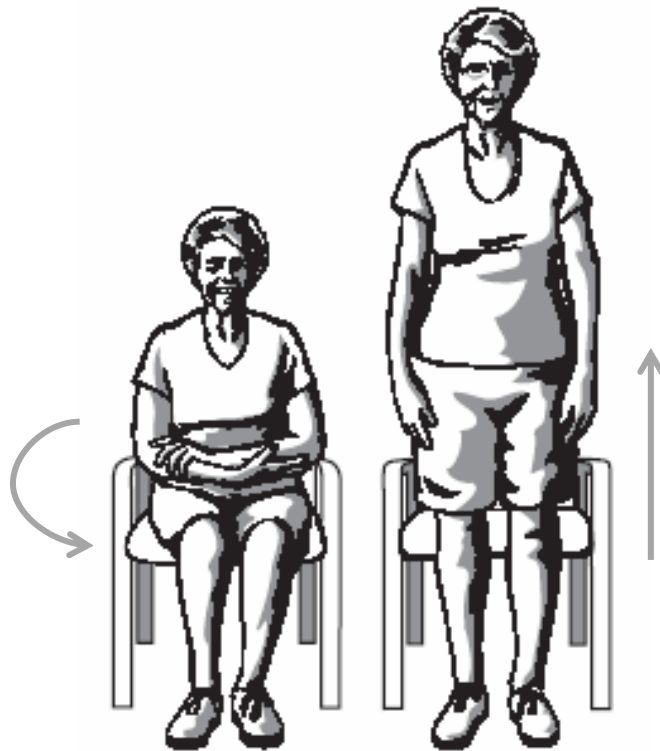
## Stand To Sit – One Hand

- Sit on a chair that is not too low.
- Place your feet behind your knees.
- Lean forward over your knees.
- Use one hand to help you stand up.
- Repeat \_\_\_ time(s).



## Stand To Sit – No Hands

- Sit on a chair that is not too low.
- Place your feet behind your knees.
- Lean forward over your knees.
- Stand up without using your hands.
- Repeat \_\_\_ time(s).



## Stair Walking

- Hold onto the handrail for this exercise.
- Go up and down the stairs for \_\_\_\_ steps.

