

Setting up **safe** and **effective** home exercises

This document describes environment set-ups that can be used to maximise safety and effectiveness of home exercise programs for people with decreased mobility



Setting up **safe** exercise environments, use -

- Walls
- Kitchen benches
- Sideboards
- Chairs - turned so back of chair is next to the person
- Ironing board – these can be adjusted to an appropriate height

Setting up **effective** exercise environments, use -

- Firm books/ phone directories covered in tape or blocks of wood - as blocks
- Paper/ cardboard/ tape on floor to indicate foot position, visual cues for stepping
- Non-slip mat/ hand towel to prevent blocks sliding on floor

Examples –

<p>1. Ina is a 101 year-old doing alternating foot taps to improve her balance</p>	 <p>Ina stands in the corner of the kitchen bench enabling her to fall against the bench if she loses her balance</p> <p>Ina stands on one square piece of kitchen paper to reduce her base of support</p> <p>An old phone book covered in electrical tape to make it into a firm block</p>
<p>2. Joan is a 75 year-old stroke survivor doing foot taps with right leg to improve her balance on her left leg</p>	 <p>Joan stands in front of a wall with a sideboard to right - these enable Joan to fall backwards and/or catch sideboard with right hand if she loses balance</p> <p>Wooden block used for a block</p> <p>Hand towel on floor to prevent block from sliding</p>

3. Richard is a 50 year-old model!! doing a step-up to improve right leg strength and balance



Ironing board with height adjusted to provide safety

Using step into laundry for a step

4. Barbara is a 75 year old post knee replacement doing alternating foot taps to improve her balance - she is timing them to incorporate a speed challenge



Barbara is standing between a wall and a chair – with a wall behind her

Firm hardback book used as a block

5. Richard is a 50 year-old model!! doing squats to improve left leg quads strength



Richard stands with back to wall and in a corner with a desk on right hand side for safety

Small side table under right leg to increase weight on left leg and heels and back against wall to maintain hip extension

6. Richard is a 50 year-old model!! doing calf raise exercises to improve left leg calf strength



Richard stands with back to wall and in a corner with a desk on right hand side for safety

Small side table under right leg to increase weight on left leg and heels and back against wall to ensure calf raises without rocking forward to use other muscles

7. Richard is a 50 year-old model!! doing sit to stand with more weight on left leg to improve left leg strength



Richard is between wall and chair back to increase safety

The chair Richard is standing from is pushed back into corner to increase safety

Right foot forward to increase weight on left leg

Right foot on form hardcover book, book on hand towel to decrease movement