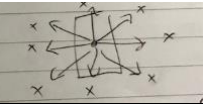
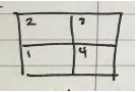
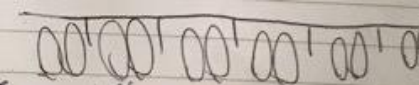
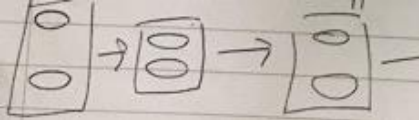


## StrokeEd - Balance exercise ideas for home programs

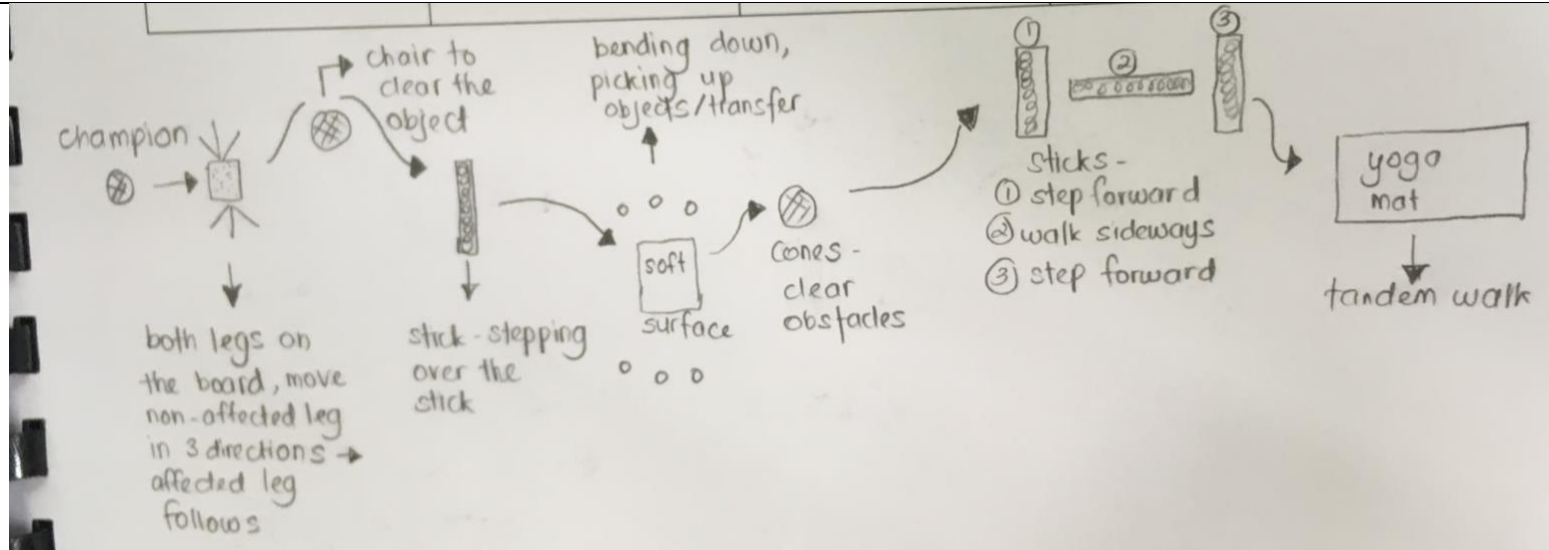
| Exercise                  | Set-up suggestions  | Progressions  | Equipment  |
|---------------------------|---|---|--|
| Step forward and back     | Visual cues <ul style="list-style-type: none"> <li>• Base of Support (BOS)</li> <li>• Distance to step</li> </ul>   | <ul style="list-style-type: none"> <li>• Alternate legs</li> <li>• Narrow Base of Support (NBOS)</li> <li>• Start in step stance</li> <li>• Increase distance</li> <li>• Over obstacle</li> </ul>               | Tape or cue on floor<br>Table/ kitchen bench/ chair on side/ each side for safety  |
| Step to side and back     | Visual cues <ul style="list-style-type: none"> <li>• BOS</li> <li>• Distance to step</li> </ul>   | <ul style="list-style-type: none"> <li>• Alternate legs</li> <li>• NBOS</li> <li>• Increase distance</li> <li>• Over obstacle</li> </ul>  | Tape or cue on floor<br>Table/ kitchen bench/ chair on side/ each side for safety  |
| Stepping multidirectional | Visual cues <ul style="list-style-type: none"> <li>• BOS</li> <li>• Distance/ directions to step</li> </ul>  | <ul style="list-style-type: none"> <li>• Alternate legs</li> <li>• NBOS</li> <li>• Increase distance</li> <li>• Over obstacle</li> <li>• Random order</li> <li>• Increased speed</li> </ul>                     | Tape or cue on floor<br>Table/ kitchen bench/ chair on side/ each side for safety  |
| Foot taps to block        | Visual cues <ul style="list-style-type: none"> <li>• BOS</li> <li>• Foot placement on block</li> </ul>  | <ul style="list-style-type: none"> <li>• Alternate legs</li> <li>• NBOS</li> <li>• Increase height</li> <li>• Plastic cup/deformable object on block</li> <li>• Increased speed</li> </ul>                      | Tape or cue on floor<br>Table/ kitchen bench/ chair on side/ each side for safety<br>Block/ use firm hard-cover book<br>Plastic cups |
| Reaching in standing      | Visual cues <ul style="list-style-type: none"> <li>• BOS</li> <li>• Reach distance</li> <li>• For movement of pelvis</li> </ul>   | <ul style="list-style-type: none"> <li>• Different tasks eg sustained activities/ fast activities/ controlled activities</li> <li>• Different directions</li> <li>• Different height</li> <li>• NBOS</li> </ul> | Tape or cue on floor<br>Table/ kitchen bench/ chair on side/ each side for safety<br>Objects for reaching                            |

|                  |  |  |  |
|------------------|--|--|--|
|                  |  | <ul style="list-style-type: none"> <li>• In step stance</li> <li>• Standing on foam</li> <li>• In tandem stance</li> </ul>   |  |
| Four square step | <p>Visual cues</p> <ul style="list-style-type: none"> <li>• To outline box</li> </ul>   | <ul style="list-style-type: none"> <li>• Include diagonal steps and turns</li> <li>• Change order of steps</li> <li>• Random order of steps</li> <li>• NBOS within boxes</li> <li>• Obstacles to step over</li> </ul>  | <p>Tape or cue on floor</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p>   |
| Sit to stand     | <p>Height adjustable chair or plinth</p> <p>Visual cues</p> <ul style="list-style-type: none"> <li>• BOS</li> </ul>  | <ul style="list-style-type: none"> <li>• NBOS</li> <li>• Step stance</li> <li>• Tandem stance</li> <li>• Stand up and step forward and back</li> <li>• Stand up and do clockface stepping</li> <li>• Stand up and do alternate foot tap on block and sit down</li> </ul> | <p>Height adjustable chair or plinth</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p> <p>Tape or cue on floor</p> <p>Block</p> |
| TUG              | <p>Height adjustable chair or plinth</p> <p>Visual cues</p> <ul style="list-style-type: none"> <li>• BOS</li> </ul>  | <ul style="list-style-type: none"> <li>• Lower chair</li> <li>• NBOS</li> <li>• Reduce number of steps to turn</li> <li>• Add cognitive and/or manual task</li> </ul>  | <p>Table/ kitchen bench/ chair on side/ each side for safety</p> <p>Tape or cue on floor</p>   |
| Obstacle course  | <p>Visual cues</p> <ul style="list-style-type: none"> <li>• For walking track</li> </ul> <p>Objects on track i.e.</p> <ul style="list-style-type: none"> <li>• Blocks/chairs to walk around</li> <li>• Small obstacles to walk over</li> <li>• Blocks to step on and over</li> </ul> | <ul style="list-style-type: none"> <li>• Obstacles</li> <li>• Searching environment for objects while walking</li> <li>• Stepping up/over blocks</li> <li>• NBOS</li> <li>• Dual tasking ie carrying tray with glass of water</li> </ul>                                 | <p>Tape or cue on floor</p> <p>Objects</p> <p>Blocks</p> <p>Chairs</p>   |

|                        |   |   |   |
|------------------------|---|---|---|
| Walk sideways          | <p>Visual cues</p> <ul style="list-style-type: none"> <li>• For walking track</li> <li>• To reduce external rotation of legs</li> </ul>  | <ul style="list-style-type: none"> <li>• Bring feet to NBOS</li> <li>• Grapevines/ chaining steps</li> </ul>  | Tape or cue on floor  |
| Walk with variable BOS | <p>Visual cues</p> <ul style="list-style-type: none"> <li>• For walking track</li> </ul>   | <ul style="list-style-type: none"> <li>• Increase variability</li> <li>• Include crossover steps</li> </ul>   | Tape or cue on floor  |
| Calf raises            | <p>Standing with wall behind, heels against wall</p>  | <ul style="list-style-type: none"> <li>• NBOS</li> <li>• Unilateral with one leg on block or chair</li> <li>• Standing on wedge to put ankles into dorsiflexion</li> <li>• Push into P/Flexion and step one leg forward or up to chair</li> </ul> | <p>Dorsiflexion wedge</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p> <p>Block/chair</p> |
| Step-ups               | <p>Block or stairs</p> <p>Visual cues</p> <ul style="list-style-type: none"> <li>• BOS</li> </ul>   | <ul style="list-style-type: none"> <li>• Step up and over block</li> <li>• Step over block in single stance</li> <li>• On stairs – step through from ground to second step</li> <li>• NBOS</li> <li>• Step through and cross midline</li> </ul>   | <p>Blocks</p> <p>Tape or cue on floor</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p>    |
| Transfer/ turning      | <p>Chairs set at 90 deg or 180 deg</p>  | <ul style="list-style-type: none"> <li>• Increasing step around distance</li> <li>• Complete 360 deg turn</li> </ul>  | <p>Chairs</p> <p>Tape or cue on floor</p>   |

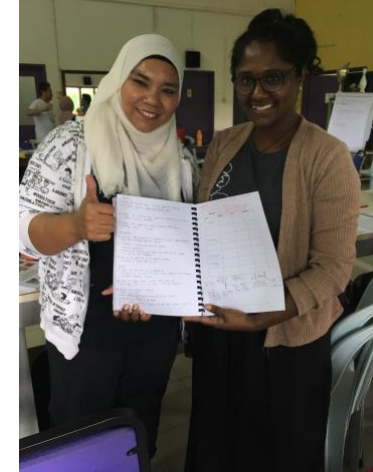
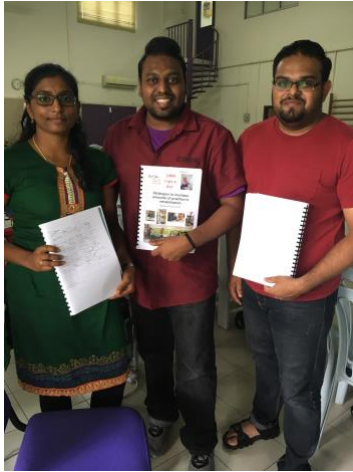
## Further ideas

Obstacle course



With thanks to the NASAM\* physios





\*NASAM = National Stroke Association of Malaysia