

Balance exercises for older people to try at home



Important safety notice: exercise with caution

This exercise may not be suitable for you. Consult a health professional before beginning this exercise if you are unsure. You may experience mild muscle soreness that lasts a few days after this exercise. Seek medical assistance if the soreness persists, if you feel any new or increasing pain, or if you feel dizzy, clammy, or short of breath.

1. Neck movements

One factor in good balance control is maximising your line of sight. Aside from keeping on top of your [eye health](#), this also means maximising mobility in your neck.

The following exercises can also be found in the Otago Exercise Program booklet.

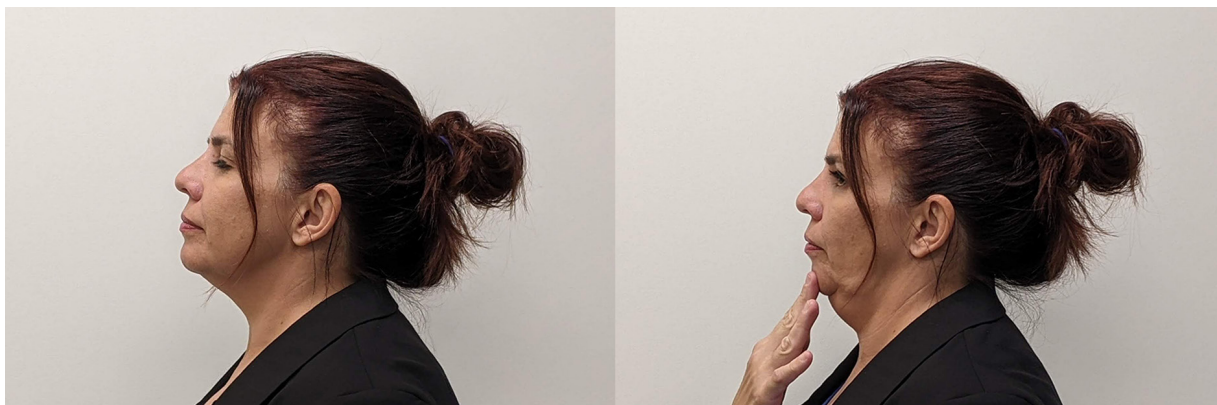
Side to side:

- Stand tall and look ahead.
- Slowly turn your head as far as you can to the left and then as far as you can to the right. Stay within pain-free range.
- Repeat the exercise the same number of times for each side.



Back and forth:

- Return your head to centre position.
- Place one hand on your chin and use it to gently guide your head straight back.
- Return it to starting position slowly and repeat the exercise a few times.



2. Sea legs

Time to sway like a sailor! Here's a way to engage your sense of balance and warm up the muscles in your legs.

- Stand with your legs wide apart and slightly bent. Your arms may be at your sides. Or your hands could rest on your hips or against a chair or wall for support.
- Slowly shift your weight from one foot to the other. Imagine you're on a ship that's swaying from side to side. Do this for 30 seconds or so.



3. Ankle and toe flexes

Building ankle strength is a key factor in falls prevention.

You can do heel and toe raises seated, or standing with your hands on your hips.

Or you may stand and brace both hands against a chair, wall, or walking frame. Ready to take the next step? You can try heel and toe walking.

- Find a length of wall with no furniture or obstructions against it. Place your hand against the wall for support. Stand on your heels.
- With your toes in the air, walk the length of the wall one way, and then back the other way. Do the same while walking on your toes with your heels raised. You can work up towards taking your hand off the wall as your ankles get stronger.



4. Knee extensions

You can do these exercises with small weights strapped around your ankles for extra strength training. You can do forwards knee extensions while seated, to strengthen the muscles in the front of your knee. This is much like the seated leg raise in chair yoga.

- You can also stand while holding onto something stable for support and do backwards knee extensions.
- You can do this by standing straight and lifting your foot behind you by bending your knee.
- Hold your foot in the air for a few moments before lowering and repeating.

This will strengthen the muscles in the back of your knee.



5. Knee bends

- Begin with your hands on something stable in front of you for support. Have your feet shoulder-width apart. Bend your knees to partially squat down. Keep your knees above your toes. Squat as low as you can without feeling pain, until your heels begin to lift off the ground. Then stand back up. Repeat.
- Eventually, you may like to do this exercise without holding onto a support. Instead, try it with your hands on your hips.



6. Back extensions

For this exercise, have someone nearby for your safety. Also be sure to have something sturdy to hold onto for support if you feel unstable.

Back extensions improve mobility in your lower back and strengthen the muscles along your spine.



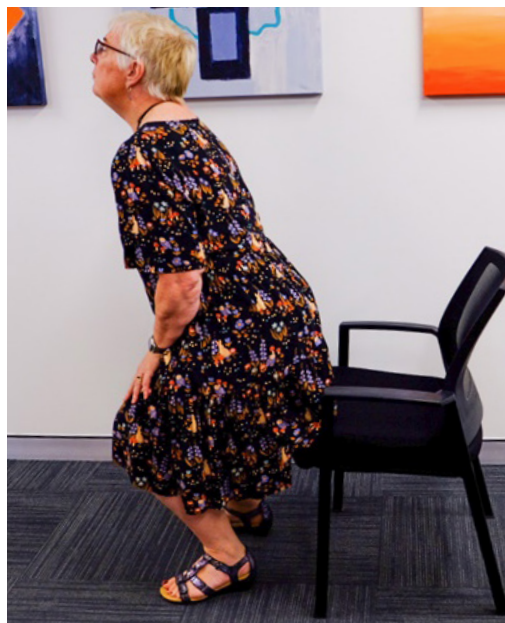
- Stand with your feet shoulder-width apart and place your hands on the small of your back. Gently lean backwards, arching your back. Stay within a pain-free range. Hold for 10 seconds.
- Then slowly return to starting position. Repeat the exercise a few times.

7. Sit-to-stand transitions

The sit-to-stand exercise strengthens your lower body, which helps your mobility and balance.

You can do this exercise with both hands, one hand, or no hands on your chair's armrests for support.

Have someone nearby for support if needed and stop the exercise if you experience pain in your knees.



8. Heel-to-toe walking

Heel-to-toe walking can help your balance, posture, and core strength. For this exercise, pretend like you're walking a tightrope.



- Lift your arms out to your sides and begin with one hand against a wall for support. Put your right foot in front of your left, so heel is pressed against toe.
- Then bring your left foot in front of your right, again pressing heel to toe. Continue walking forward this way.

Increasing difficulty

To test your coordination a bit more, fix your eyes ahead of you instead of on your feet. For further strength and balance training, lift your knees high with each step. Hold your foot in the air for a few seconds before lowering it. You can also do this walk backwards. Remove your hand from the wall only if you feel stable.

9. One leg standing

This exercise in stability will work the muscles in your lower limbs and core.

- Begin with your hand on something stable for support before graduating onto no support. Try to stand on one leg for at least 30 seconds. Then do the same for the other leg. And try not to hold your breath while you concentrate on balancing.
- You can stand on one leg by lifting your foot behind you, or by bringing your knee up in front of you. Bringing your knee up in front of you for this exercise would make it like a slower version of the hip march.



10. Stairs

Holding onto the handrail, go up and down the stairs carefully. This activity works many different muscle groups at once.

Making stair climbing part of your regular routine can improve your cardiovascular health and endurance. So, over time, the number of steps you're able to climb increases. Mastering the stairs also helps keep you active and moving around your house. This means you stay independent for longer.

More helpful information

If you would like to find local exercise classes, social activities, and helpful tips, try the [LiveUp quiz](#) or get in touch with one of our helpful team on **1800 951 971**.

CONTACT US

Website: liveup.org.au

Email: support@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.