

# STABILITY EXERCISES

To improve balance & self awareness

1.

## Push

Sit on a chair with back straight, your legs wide and feet flat on the floor. Extend both arms out in front of you and flex the wrists so that your finger tips are pointing up.



2.

## Fold

When seated, reach forward between your legs, bending towards the floor as far as possible and hold for 5 seconds.



3.

## Stretch Up

Come back up slowly and reach up towards the ceiling, stretching the spine. Hold for 5 seconds.

4.

## Stretch Out

Bring the arms down and out to the side, about shoulder level. Hold for 5 seconds. Relax the arms to the thighs, then repeat the sequence x 3



5.

## Twist

Sit down and cross your arms over your chest. Tighten the stomach muscles and turn the head, shoulders and torso as much as possible to the right, hold for 3 seconds, then repeat to the left. Keep your head aligned with your body. Repeat x5 on both sides.



6.

## March

Begin by sitting on a chair with your hands by your sides, then lift each knee individually in a 'marching' motion. As your left knee comes up, your right elbow should come up and vice versa. After 10-20 stepping movements, relax and repeat x 2



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7.

Whilst seated, sit up as tall as you can and place one hand on your hip. With your other arm, reach up and over your head as far as you can, feeling stretch down your side. Your arm should not go in front of your face, rather over your head, so that your back stays straight. Hold for 5 seconds and repeat on both arms x10



8.

Sitting up straight, tense your stomach muscles, place both hands behind your head and bend your upper body to one side. Keep your elbows directly out to either side, and don't be tempted to bend forwards. Repeat from side to side x10



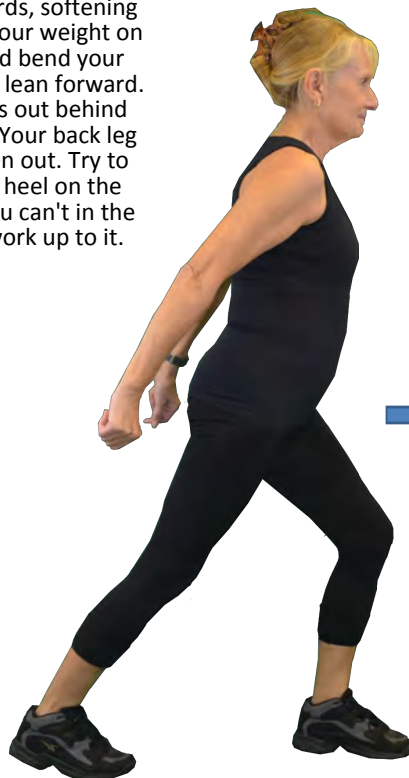
9.

Sit up straight on a chair which does not have a back, or which has a back that does not come up past your shoulder blades. Tense your stomach muscles and extend your arms out to either side. Keeping your hips facing directly forward, twist your upper body round as far as you can to one side, then repeat to the other side. Repeat to each side x10



10.

From a standing position, take one stride forwards, softening your knees. Put your weight on the front leg and bend your front knee as you lean forward. Extend your arms out behind you for balance. Your back leg should straighten out. Try to keep your back heel on the ground, but if you can't in the first instance, work up to it.



To progress from the previous position, transfer your weight from your front leg onto your back leg, softening your back knee. Bend forwards as you do this and your front leg should straighten out. To stretch out the calf and the back of your front leg, lift your toe off the floor and point it upwards as far as you can.



Repeat this sequence, this time by stepping forward on the other leg.

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## 11.

Standing upright, take a large stride diagonally in front of you so your legs are wide. Use your arms for balance, extending one out behind you and the other in front, stretching them out. Stride forward with the other leg and continue as many times as your space will allow. Breathing is important as this is an aerobic exercise: breath in as you're taking your stride and out when your foot meets the floor.



## 12.

This stretches the shoulders and arms and gently exercises the abdominals and the obliques.

Tense your stomach muscles and stand up straight. Extend your arms out in front of you and clasp your hands. Push them away so that you feel stretch across your shoulder blades. Rotate your upper body without moving your hips. Your hips should stay facing directly forward, while your ribcage turns. Repeat side to side x10.



## 13.

From a standing position keep both feet planted on the floor as you twist your body from side to side allowing your arms to swing. One arm should come up to touch the opposite shoulder at the same time as the other goes around your back to meet your lower back. This releases the spine and increases your spatial awareness. Repeat from side to side for 1 minute.



## 14.

With your abdominal muscles tensed and your pelvic floor muscles pulled up, maintain a kneeling position for 1 minute. Keep your back straight and look straight ahead. You may kneel on a cushion if it's more comfortable.





## Cheadle Hulme

Feet and Spine  
The Precinct  
Cheadle Hulme  
SK8 5BB

## Liverpool

Feet and Spine  
88 Rodney Street  
Liverpool  
L1 9AR

## Manchester

Feet and Spine  
19 St. Johns Street  
Manchester  
M3 4DS

0161 488 4491

[www.feetandspine.com](http://www.feetandspine.com)

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1

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2

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