

Stay Active at Home - Lower Limbs and Balance (Supported Standing)

There are seven home-based exercise videos in the 'Stay Active at Home' series
Each video has a different training objective
and is guided by physiotherapists
to improve common physical conditions

Let's get moving at home!

Lower Limbs and Balance

Grandpa, are you tidying up the toys for Kit again?

He is still too young and won't listen to us

So I will have to tidy up everything for him

I'll teach him to tidy up and put away his toys by himself next time

Your legs seemed weak when you were trying to get up just now

Yes, indeed

Why don't I teach you some simple home-based exercise

To strengthen your legs

So you can balance better and walk more steadily

Sure, that'll be great!

Before we start, here are a few things you should note:

If you have chronic illnesses

or have received a total hip replacement surgery,

please seek medical advice before you exercise

If you feel unwell,

stop exercising and consult a doctor immediately

If you can remain standing with both hands on a chair

and can move around steadily

without any help or assistive devices,

Then this exercise is suitable for you

You will need the following items:

Sports shoes to protect your feet and prevent fall

A sturdy chair with a backrest and cannot easily tip over

The back of the chair should be of suitable height

So you can stand up straight

For safety reason, place the chair against a wall during exercise

Do not use foldable chairs or chairs with wheels

Lower Limbs and Balance

This set of exercise can strengthen your lower limb muscles
and improve balance

It will only take about four minutes to complete the whole set

Are you ready?

Keep your feet about shoulder-width apart

Remember to hold firmly onto the chair

Let's get moving!

We will begin with 'Supported Steps'

Hold onto the chair and keep stepping with ease

Stand upright and look straight ahead

Remember to keep breathing normally

Beginners may exercise with company

After warming up

Let's strengthen the muscles in our lower limbs

Stand with your feet apart, slightly wider than your shoulder-width

Point your toes out slightly

'Mini- squats'

Squat down slightly and gently lean forward

Push your bottom backwards as though you are sitting down

We'll repeat this eight times

Hold for five seconds

Don't squat too low

Do not bend your knees past your toes

Note that your knees should not be pointing inwards or too outwards

They should point forward together with your toes

Take it slow. Don't rush

If your thighs feel a bit tired now

It's totally fine, but you should not feel any pain or discomfort

This can enhance your leg strength

To protect your knee joints and steady your gait

Next, we will be doing 'Tiptoe Stand'

Move your feet a bit closer together, about shoulder-width

Point your toes forward

Raise your heels as high as you can

We'll repeat this eight times

Great, heels down

Just follow us and hold for five seconds

You should feel a little tension in your calves

Remember to hold firmly onto the chair

Keep your back straight and look straight ahead

Continue to breathe normally. Don't hold your breath
This can strengthen your calf muscles
So you can walk faster
One last time. Raise your heels as high as you can
Next, we will do 'Side Leg Raises'
Lift your legs sideways alternately
Your raised foot should be slightly above the ground
We'll repeat this eight times on each side
Great, raise the other leg
Remember to keep breathing normally
Well done, keep it up!
Remember to hold firmly onto the chair
Keep your knees straight
You should feel a little tension in your bottom and your outer thighs
Keep it up! Remember to keep your back straight
This can enhance your leg strength,
improve your balance
and prevent falls
You can do it!
Keep your back straight and look straight ahead
Raise your leg until your foot is off the floor
Very good, we're almost done!
Keep it up! Great job!
Three more times on each side
You can do it!

Keep your back straight and look straight ahead

Don't tilt your body

Two more times on each side

We're almost done

Keep breathing normally

You can do it, keep it up!

One last time on each side. Hang in there!

Great job, everyone

We're done

If your ability allows, you can perform these strengthening exercises

on alternate days, ten to fifteen repetitions on each side per set

one to three sets each time

Mild muscle fatigue after exercise is normal

Any muscle soreness should be mild and temporary

Make exercise a habit

And you will appreciate the fun and benefits of it