

# Caregivers *in the know*

## A step-by-step guide on 5 at home balance exercises for seniors

### Things to remember before beginning any exercises with Seniors:

- Make sure that client's family is ok and aware of any new exercise regimen. And also confirm with office staff that this is an appropriate exercise regimen for the specific client.
- Ensure the client stands at their walker, if they have one, holding the handles.
- If the walker has brakes, make sure they're engaged. And the client not to lean or put too much weight on the walker and cause it to slide.
- If you're concerned that the walker could roll forward, position it against a wall, couch, or similarly strong barrier to keep it from moving.
- Place a sturdy, non-slip chair directly behind the client in case they get tired or lose their balance and suddenly need to sit.
- Keep in mind that practice is more important than perfection.

### Exercise #1:

March in place, lifting knees as high as possible. Do 10 on each leg for a total of 20 marching steps.

### Exercise #2:

Lift one leg out to the side using a slow, controlled motion. Do 10 lifts on each leg, one side at a time.

### Exercise #3:

Lift one leg straight back behind the body. Do 10 lifts on each leg, one leg at a time.

### Exercise #4:

Stand with feet about shoulder width apart. Slowly do a small squat, being careful not to go too low, especially in the beginning. Do 10 squats.

### Exercise #5:

While standing, lift heels to stand up on the toes. Then, lower heels to return feet to a "flat" position.

Next lift toes and slowly rock back on heels, be sure their walker is secured before they pull on it or else, they could slide and fall.

