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# Exercise Booklet

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## Toe curls with towel

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### **Therapist`s aim**

To strengthen the toe flexors.

### **Client`s aim**

To strengthen your toe muscles.

### **Therapist`s instructions**

Position the patient in sitting or standing with their foot on a towel. Instruct the patient to flex their toes and crumple up the towel.

### **Client`s instructions**

Place yourself in sitting or standing with your foot on a towel. Curl your toes and crumple up the towel.

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## Sit to stand from chair with arms crossed

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### **Therapist`s aim**

To strengthen the leg extensors.

### **Client`s aim**

To strengthen the muscles that straighten your legs.

### **Therapist`s instructions**

Position the patient sitting on a chair with their arms crossed and feet shoulder width apart. Instruct the patient to stand up and sit down slowly on the chair. Ensure the shoulders move forward while moving between sitting and standing and that weight is borne equally through both legs.

### **Client`s instructions**

Position yourself sitting on a chair with your arms crossed and feet shoulder width apart. Bring your shoulders forwards and stand up. Stick your bottom back and return to sitting.

### **Progressions and variations**

Less advanced: 1. Increase the height of the chair. More advanced: 1. Lower the height of the chair. 2. Perform slowly.

### **Precautions**

Place the chair against a wall.

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## Single heel raise in standing

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**Therapist`s aim**

To strengthen the ankle plantarflexors.

**Client`s aim**

To strengthen your calf muscles.

**Therapist`s instructions**

Position the patient standing on one leg. Instruct the patient to plantarflex their ankle and push up on their toes.

**Client`s instructions**

Position yourself standing on one leg. Start with your heel on the ground. Push up on your toes.

**Progressions and variations**

Less advanced: 1. Provide hand support for balance. More advanced: 1. Progress using strength training principles.

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## Stand on one leg with support

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**Therapist`s aim**

To improve the ability to stand on one leg and balance.

**Client`s aim**

To improve your ability to stand on one leg and balance.

**Therapist`s instructions**

Position the patient in standing on one leg with a stable support nearby. Instruct the patient to maintain the position without touching their other foot on the floor. Ensure that hand support is used only if necessary.

**Client`s instructions**

Position yourself standing on one leg with a stable support nearby. Practice maintaining the position without touching your other foot on the floor. Ensure that hand support is used only if you feel unsteady.

**Progressions and variations**

Less advanced: 1. Stand with both feet on the floor. More advanced: 1. Remove hand support. 2. Turn head and trunk in different directions. 3. Add movement of the arms in different directions. 4. Throw and catch a ball in this position.

**Precautions**

1. Ensure that the support is stable.

## Stepping up onto a block



### Therapist's aim

To improve the ability to walk and walk up stairs.

### Client's aim

To improve your ability to walk and walk up stairs.

### Therapist's instructions






Position the patient in standing with a step in front of them. Instruct the patient to step up onto the step.

### Client's instructions

Position yourself standing with a step in front of you. Practice stepping up onto the step.

### Progressions and variations

Less advanced: 1. Decrease the height of the step. 2. Provide hand support for balance. More advanced: 1. Increase the height of the step. 2. Wear a backpack with weights in it.

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