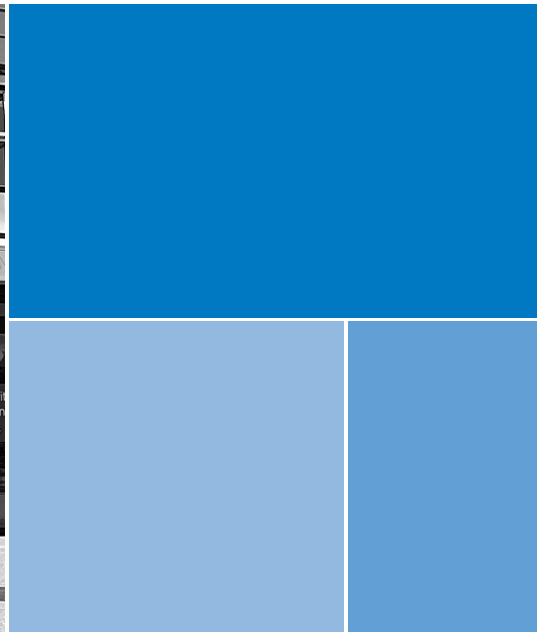




**James Paget
University Hospitals**
NHS Foundation Trust

Standing Balance Exercises



[Patient Information](#)

Early mobilisation is key to a speedy recovery

Introduction

This guide is to help in your recovery and rehabilitation whilst in hospital and when you are discharged from hospital.

An exercise programme which incorporates strength, endurance and balance training is essential in helping to reduce the risk of falls.

Things to expect whilst you are in hospital

Once you are stable you will be encouraged to get out of bed, sit in a chair and mobilise if able to.

Most common reasons we fall

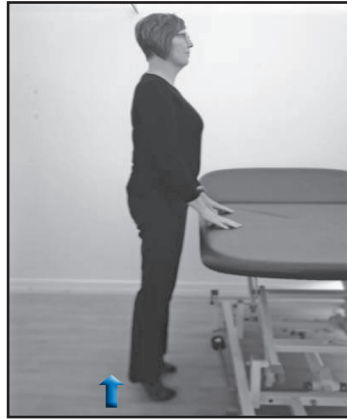
1. Our vision may decrease which can lead to falls due to not seeing clearly.
2. Our hips and legs can become weaker, making it harder to walk.
3. We can develop poor posture or have spinal degeneration, making it harder to stand erect.
4. Our ability to lift our feet decreases which can cause us to stumble.
5. It takes longer to react when something is in our way, causing us to fall.
6. Many drugs interact which may cause dizziness or decrease our balance.
7. Low blood pressure can lead to lightheadedness, increasing our risk of falls.

All the exercises that follow should be done by holding on with both hands to a solid surface that will not move. Have a chair behind you so you can sit and rest as needed.

Once you have done this and find it easy with no loss of balance, you can then gradually progress the exercises by doing them while holding on with one hand, holding on with two fingers, until you can do them without holding on.

Always make sure you are close enough to the solid surface when doing exercises without holding on so if you do lose your balance you will not fall.

Exercise 1



In standing, hold onto a chair or sideboard for support. Raise your heels off the floor. Hold for five seconds and lower back down.

Repeat 10 times.

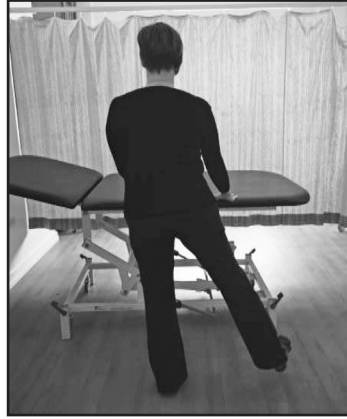
Exercise 2



In standing, hold onto a solid surface with both hands. Raise one leg up in front of you and hold for five seconds, then lower down. Repeat the same with the other leg.

Repeat 10 times on each leg.

Exercise 3



In standing, hold onto a solid surface with both hands. Keeping your body straight, take one leg out to the side. Hold for five seconds. Repeat on the other leg.

Repeat 10 times on each leg.

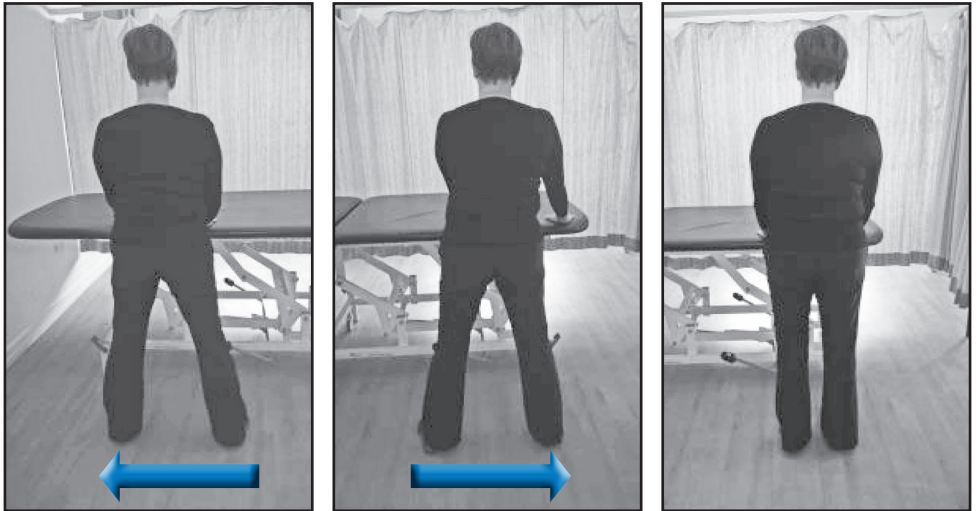
Exercise 4



In standing, hold on with both hands. Bend your knees and stick out your bottom as if sitting down. Then return to standing.

Repeat 10 times.

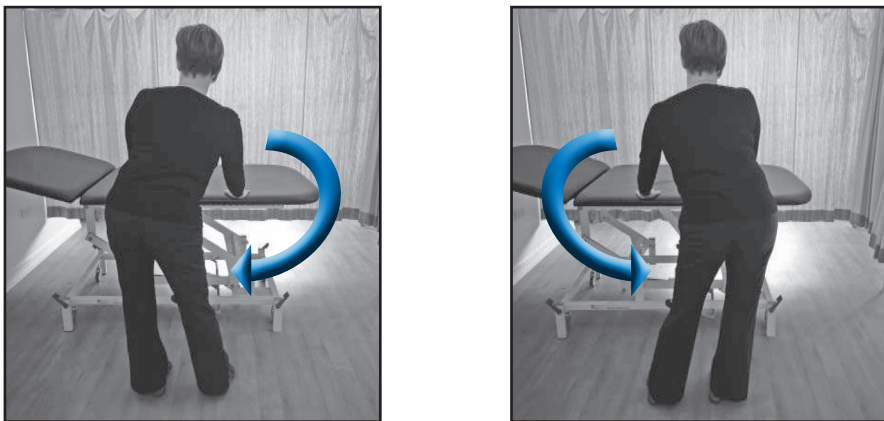
Exercise 5



In standing, hold on with both hands. Side step to the left as far as your surface will allow. Then repeat to the right. Keep your hips facing forward.

Repeat five times left and right.

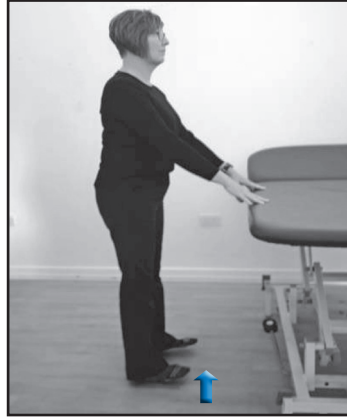
Exercise 6



In standing, hold onto sideboard with both hands. Circle your hips to the left. Then repeat to the right.

Repeat 10 times in each direction.

Exercise 7



In standing, hold onto sideboard with both hands. Keeping both body and legs straight and heels on the floor, lift up feet. Hold for five seconds.

Repeat 10 times.

Exercise 8



Stand holding onto chair/sideboard. Bend your knee towards your bottom. Hold for five seconds then lower. Repeat on the other leg.

Repeat 10 times on each leg.

Completion of exercises

It is really important once you are home to continue with your exercises at least three times daily, 10 of each exercise.

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES



- Collaboration** We work positively with others to achieve shared aims
- Accountability** We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan
- Respect** We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride
- Empowerment** We speak out when things don't feel right, we are innovative and make changes to support continuous improvement
- Support** We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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© December 2023
James Paget University Hospitals NHS
Foundation Trust
Review Date: December 2026
PH 49 version 1