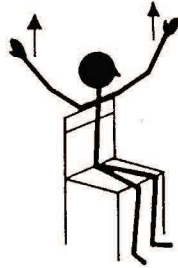


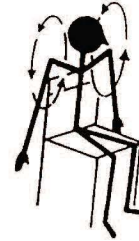
Stage 1 home program - Stay Safe Stay Active: Falls prevention in Primary Care 2001, SWSAHS.

Stay Safe Stay Active Daily Exercise Program

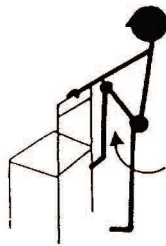
1. Warm up



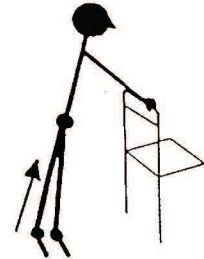
2. Shoulder rolls (Flexibility)



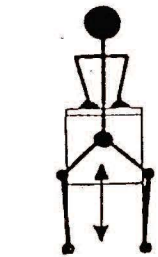
3. March on spot (mobility)



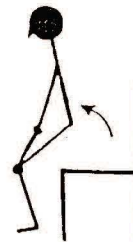
4. Ankle (strength)



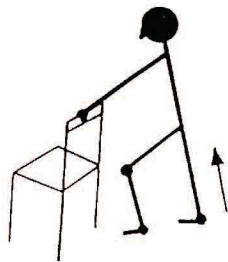
5. Knee bend (strength)



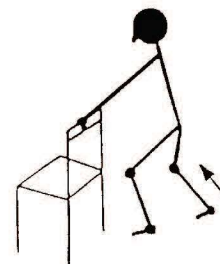
6. Sit to Stand (strength)



7. Calf (stretch)



8. Calf (stretch)

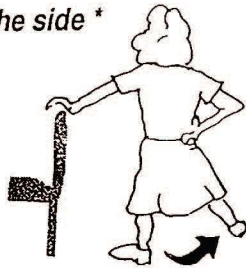


Thank you Sally Castell for your diagrams

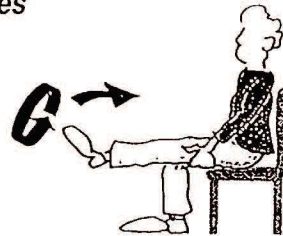
Stay Safe Stay Active

Daily Exercise Program (Stage 2)

1. Hip to the side *



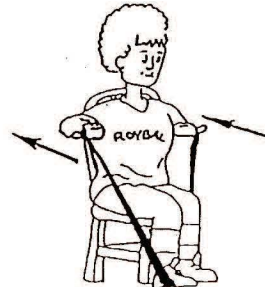
2. Foot Circles *



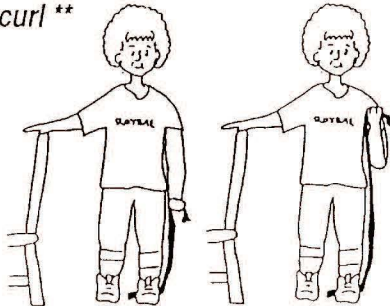
3. Lift leg backwards *



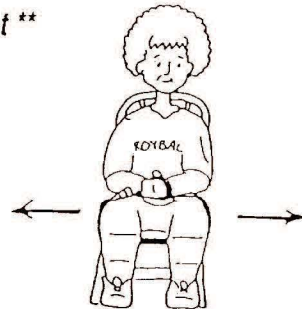
4. Shoulder blade exercises **



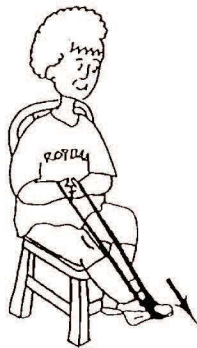
5. Arm curl **



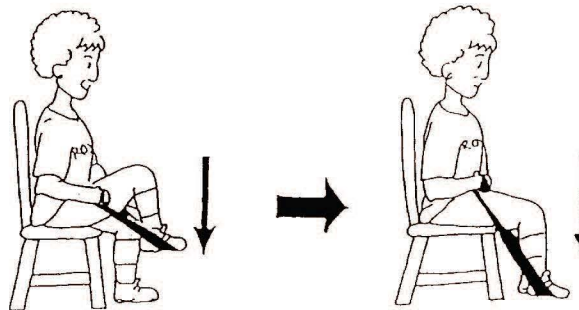
6. Knees in and out **



7. Ankle Pumps **



8. Hip extension **



Thank you to Stay on Your Feet* and Roybal - Boston University** for allowing us to use your diagrams