

RESOURCES:

[1] Super Six:

1 SIT TO STAND
Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly – using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair – using your hands if needed.
Repeat up to 10 times.

2 TOES RAISES
Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

3 HEEL TOE WALKING
Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.

4 HEEL RAISES
Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

5 HEEL TOE STAND
Stand tall, side on to your support, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – taking your hand off if possible. Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

6 ONE LEG STAND
Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.

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[2] http://www.nhsgrampian.org/nhsgrampian/gra_display_hospital.jsp?pContentID=136&p_applic=CCC&p_service=Content.show&

[3] <http://www.nhsghpcat.org/HPAC/HPACIndex.jsp>

[4] <https://www.nhsinform.scot/healthy-living/preventing-falls>

[5] <https://fallsassistant.org.uk/>