

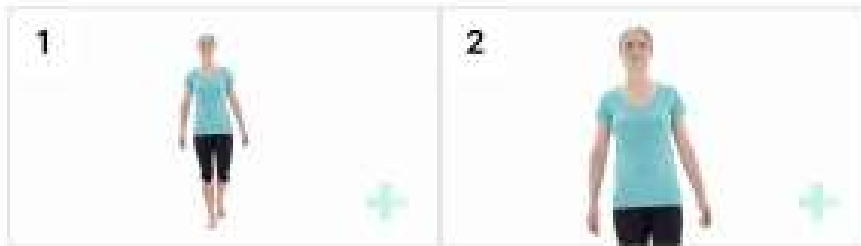
Osteogenic & Balance Exercises

Week 3

with thanks to Kirra Rankin, exercise physiologist

Challenge: how many heel raises can you do in 20 seconds?

2 Sets / 2 Reps / 30 s hold



1. Single leg balance with eyes closed

Start from a neutral standing position. Shift your weight over to your affected side. Balance on your affected leg, bend your the other knee and lift your foot off the floor.

Lift your arms out to the side for balance.

Close your eyes and hold in this position.

Return to the neutral position.

Open your eyes.

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2 Sets / 2 Reps / 30 s hold

2. Single leg stance passing a ball around waist

Stand on your affected leg holding a ball in both hands.

Keep your gaze straight ahead and do not rest your elevated leg on your stance leg.

Pass a ball around your waist, slowly at first, and then increase your speed.

Change direction, trying to maintain your balance throughout.



2 Sets / 10 Reps

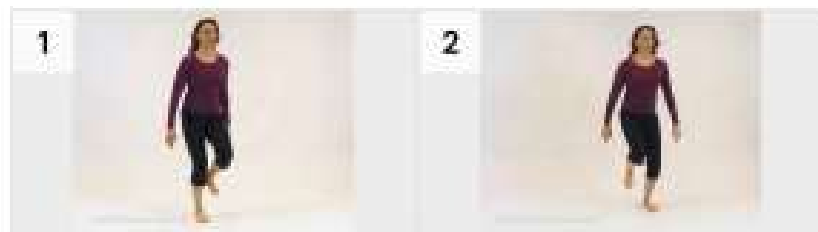
3. Jumping from side to side (impact training)

Stand up straight.

Leap to the side and then back.

The longer the step, the more effective the exercise.

Feel how your cheeks and buttocks shake for every step.



2 Sets / 10 Reps

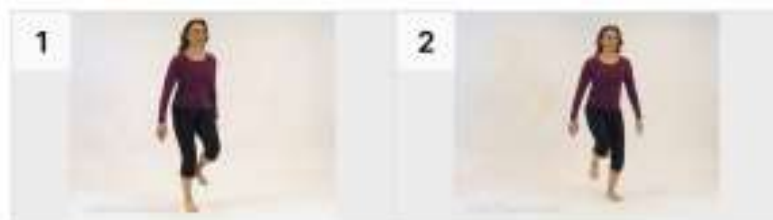
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Stand up straight.

Leap to the side and then back.

The longer the step, the more effective the exercise.

Feel how your cheeks and buttocks shake for every step.



2 Sets / 10 Reps

4. Heavy jumping (impact training)

Stand with your knees slightly bent.

Jump taking your feet apart then jump again and bring them together.

With each jump the whole of the foot thumps the floor.

Feel how your cheeks and buttocks shake for every jump.



2 Sets / 2 Reps / 30 s hold

5. Quadriceps stretch

Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

