

MOVERS & SHAKERS

Week 1

Osteogenic & Balance Exercises

with thanks to Kirra Rankin, exercise physiologist

Challenge: How long can you stand on one leg?

2 Sets / 2 Reps / 30 s hold

1. Single-leg balance - eyes open

Balance on your symptomatic leg for as long as you can.
You may want to be close to a solid object to hold on to if needed.
Do not rest your bent leg on the stance leg.



2 Sets / 2 Reps / 30 s hold

2. Tandem foot balance

Stand with your arms relaxed by your sides.
Place one foot in front of the other so that the toes of your back foot touch the heel of your front foot.
Spread your weight evenly across both feet.
Balance in this position.



2 Sets / 10 Reps

3. Impact Exercise - Heel raise and lower

Stand with feet hip width apart.
Bend your knees slightly and push up to stand on your toes.
Stamp your heels back down to the floor.



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2 Sets / 10 Reps



4. Heel stamps (impact training)

Stand up straight with hands on your waist.
Alternately straighten your leg in front of you and stamp the heel on the floor.
The supporting leg is bent.

2 Sets / 2 Reps / 30 s hold



5. Hip flexor stretch in standing

Start in a standing position holding onto a wall.
Move your affected leg one pace backwards.
Hold on to a support if you feel you need it.
Keeping your feet in this position, drive your hips forward and lift up your chest.
It is ok for the back knee to bend a little and for your heel to come up off the floor.
You should feel a stretch in the front of your hip.
Hold this position and then return to the starting position and then relax.



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