

# Osteogenic & Balance Exercises

## Week 5

with thanks to Kirra Rankin, exercise physiologist

Challenge: how many double leg jumps can you do in 20 secs?

2 Sets / 10 Reps



### 1. Single leg balance with squat and heel raise

Start from a neutral standing position.

Shift your weight to the same side as the affected ankle.

Balance on this leg.

Bend the other knee and lift this foot off the floor.

Spread your arms for balance and take a moment to stabilise.

Bend the knee on the leg you are standing on and then straighten this leg and lift using your toes.

Lower back down until your foot is flat on the floor.

Repeat twice more and then return to the neutral standing position.

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2 Sets / 10 Reps / 1 s hold



### 2. Wobble cushion balance with throw/catch

Stand with both feet on a wobble cushion.

Throw a ball up in the air and catch it, trying to maintain your balance throughout.

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2 Sets / 10 Reps / 30 sec duration



### 3. Bunny jump - forwards and backwards over a line

Stand up straight behind a line on the floor.

Jump forwards over the line landing lightly on your feet then immediately jump backwards over the line

Repeat

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2 Sets / 10 Reps / 30 sec duration

#### 4. Bunny jump - side to side over a line

Stand up straight with a line on the floor to your side.

Jump sideways over the line landing lightly on your feet then immediately jump back over the line.

Repeat



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2 Sets / 2 Reps / 30 s hold

#### 5. Calf stretch standing

In a standing position, hold on to a table or chair for support and step the symptomatic leg back behind you.

Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.

