
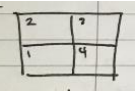
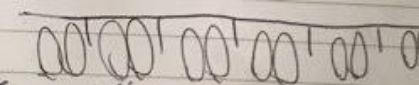
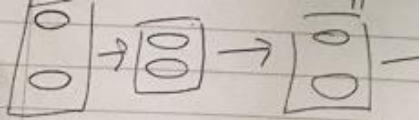


StrokeEd - Balance exercise ideas for home programs

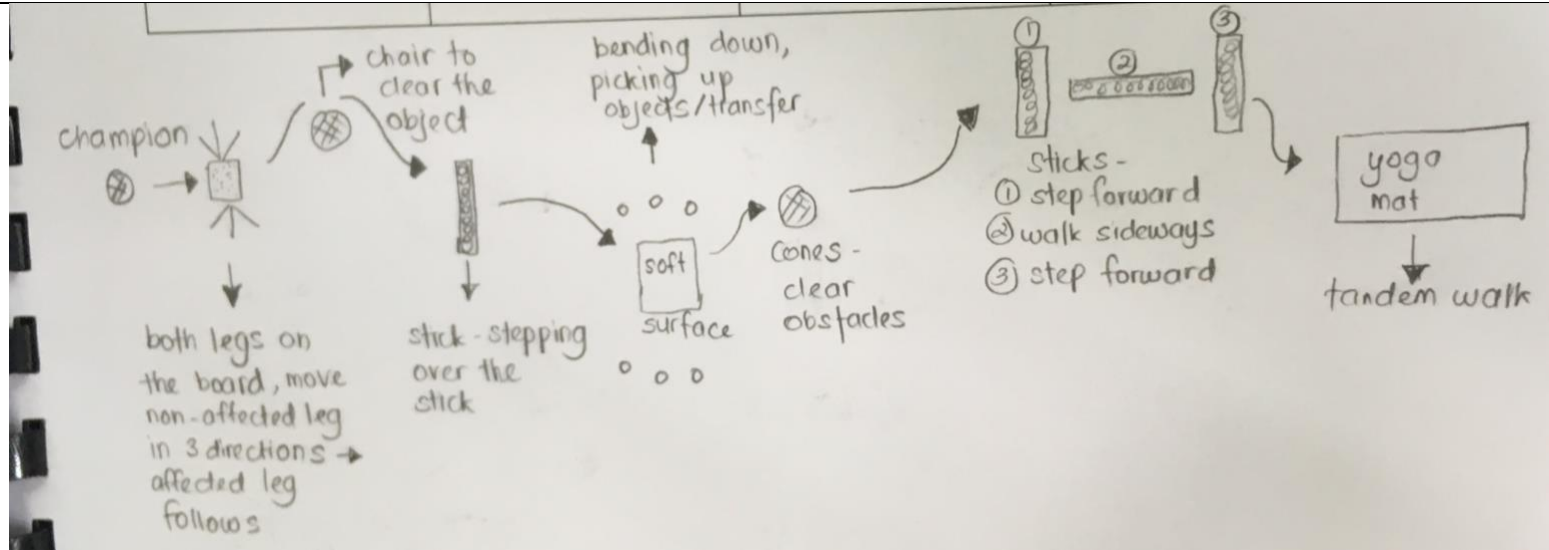
Exercise	Set-up suggestions	Progressions	Equipment
Step forward and back	Visual cues <ul style="list-style-type: none"> • Base of Support (BOS) • Distance to step 	<ul style="list-style-type: none"> • Alternate legs • Narrow Base of Support (NBOS) • Start in step stance • Increase distance • Over obstacle 	Tape or cue on floor Table/ kitchen bench/ chair on side/ each side for safety
Step to side and back	Visual cues <ul style="list-style-type: none"> • BOS • Distance to step 	<ul style="list-style-type: none"> • Alternate legs • NBOS • Increase distance • Over obstacle 	Tape or cue on floor Table/ kitchen bench/ chair on side/ each side for safety
Stepping multidirectional	Visual cues <ul style="list-style-type: none"> • BOS • Distance/ directions to step 	<ul style="list-style-type: none"> • Alternate legs • NBOS • Increase distance • Over obstacle • Random order • Increased speed 	Tape or cue on floor Table/ kitchen bench/ chair on side/ each side for safety
Foot taps to block	Visual cues <ul style="list-style-type: none"> • BOS • Foot placement on block 	<ul style="list-style-type: none"> • Alternate legs • NBOS • Increase height • Plastic cup/deformable object on block • Increased speed 	Tape or cue on floor Table/ kitchen bench/ chair on side/ each side for safety Block/ use firm hard-cover book Plastic cups
Reaching in standing	Visual cues <ul style="list-style-type: none"> • BOS • Reach distance • For movement of pelvis 	<ul style="list-style-type: none"> • Different tasks eg sustained activities/ fast activities/ controlled activities • Different directions • Different height • NBOS 	Tape or cue on floor Table/ kitchen bench/ chair on side/ each side for safety Objects for reaching

		<ul style="list-style-type: none"> • In step stance • Standing on foam • In tandem stance 	
Four square step	<p>Visual cues</p> <ul style="list-style-type: none"> • To outline box 	<ul style="list-style-type: none"> • Include diagonal steps and turns • Change order of steps • Random order of steps • NBOS within boxes • Obstacles to step over 	<p>Tape or cue on floor</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p>
Sit to stand	<p>Height adjustable chair or plinth</p> <p>Visual cues</p> <ul style="list-style-type: none"> • BOS 	<ul style="list-style-type: none"> • NBOS • Step stance • Tandem stance • Stand up and step forward and back • Stand up and do clockface stepping • Stand up and do alternate foot tap on block and sit down 	<p>Height adjustable chair or plinth</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p> <p>Tape or cue on floor</p> <p>Block</p>
TUG	<p>Height adjustable chair or plinth</p> <p>Visual cues</p> <ul style="list-style-type: none"> • BOS 	<ul style="list-style-type: none"> • Lower chair • NBOS • Reduce number of steps to turn • Add cognitive and/or manual task 	<p>Table/ kitchen bench/ chair on side/ each side for safety</p> <p>Tape or cue on floor</p>
Obstacle course	<p>Visual cues</p> <ul style="list-style-type: none"> • For walking track <p>Objects on track i.e.</p> <ul style="list-style-type: none"> • Blocks/chairs to walk around • Small obstacles to walk over • Blocks to step on and over 	<ul style="list-style-type: none"> • Obstacles • Searching environment for objects while walking • Stepping up/over blocks • NBOS • Dual tasking ie carrying tray with glass of water 	<p>Tape or cue on floor</p> <p>Objects</p> <p>Blocks</p> <p>Chairs</p>

Walk sideways	<p>Visual cues</p> <ul style="list-style-type: none"> • For walking track • To reduce external rotation of legs 	<ul style="list-style-type: none"> • Bring feet to NBOS • Grapevines/ chaining steps 	Tape or cue on floor
Walk with variable BOS	<p>Visual cues</p> <ul style="list-style-type: none"> • For walking track 	<ul style="list-style-type: none"> • Increase variability • Include crossover steps 	Tape or cue on floor
Calf raises	<p>Standing with wall behind, heels against wall</p>	<ul style="list-style-type: none"> • NBOS • Unilateral with one leg on block or chair • Standing on wedge to put ankles into dorsiflexion • Push into P/Flexion and step one leg forward or up to chair 	<p>Dorsiflexion wedge</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p> <p>Block/chair</p>
Step-ups	<p>Block or stairs</p> <p>Visual cues</p> <ul style="list-style-type: none"> • BOS 	<ul style="list-style-type: none"> • Step up and over block • Step over block in single stance • On stairs – step through from ground to second step • NBOS • Step through and cross midline 	<p>Blocks</p> <p>Tape or cue on floor</p> <p>Table/ kitchen bench/ chair on side/ each side for safety</p>
Transfer/ turning	<p>Chairs set at 90 deg or 180 deg</p>	<ul style="list-style-type: none"> • Increasing step around distance • Complete 360 deg turn 	<p>Chairs</p> <p>Tape or cue on floor</p>

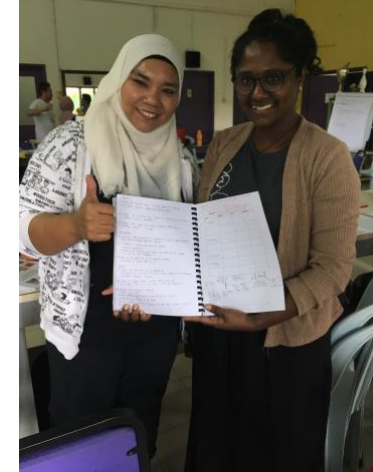
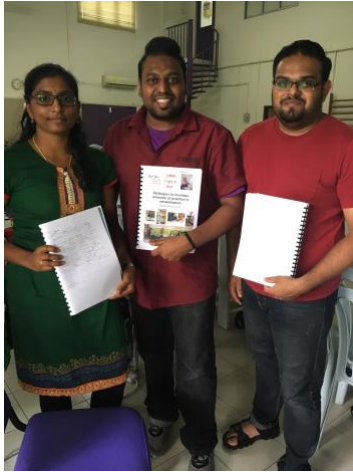
Further ideas

Obstacle course



With thanks to the NASAM* physios





*NASAM = National Stroke Association of Malaysia