

Department of
PHYSIOTHERAPY

Function and Balance Fitness Programme (FABFit) Exercise Booklet



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* The exercises in this exercise programme have been adapted from the OTAGO Exercise Programme.

Welcome Message

Welcome to Function and Balance Fitness Programme (FABFit)! This exercise programme that you will undertake in the clinic and at home has been designed specifically for you.

There are many benefits of regular exercise. By performing the exercises in this programme, you can improve your:

- Balance
- Muscle strength
- General fitness
- General well-being



Welcome Message

You are encouraged to do the prescribed exercises at least **two to three times a week**.

Exercises do not have to be done all at the same time. You can spread them out during the day.

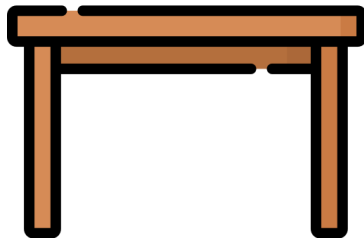
Between each set of exercise, take three or more deep breaths.

You may feel a bit sore when you first start to exercise. This is normal as you are using muscles that may not be often used to perform these exercises.

It is important that you keep on exercising. The soreness will improve as your body becomes used to the exercises.

Safety Advice

Always hold onto something stable like a solid table, door grill, or the back of a sturdy chair, unless otherwise instructed.



If you come down with an illness that prevents you from exercising, contact your Physiotherapist before starting again.

Safety Advice

Contact your doctor if you experience these symptoms during exercise:

- Dizziness
- Chest pain
- Shortness of breath (such that you are unable to speak)

If you have any questions about the exercise programme, please contact your Physiotherapist.



How ready are you?

5

I enjoy exercising now and it has become a habit!

4

I have started to exercise more regularly but I wonder how I can keep this up!

3

I have started to exercise on some days when I have time!

2

I know exercise is good for me but I don't know how/where to start.

1

I don't feel like doing exercise...

Goal Setting

As we begin this exercise programme, let's set some goals to kick start your journey towards active living!

Next week:



End of this programme:



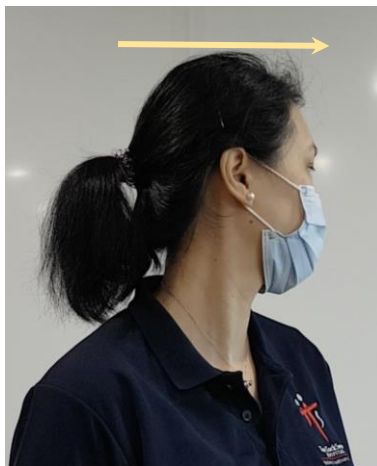
Warm Up Exercises

1. Marching on the Spot



- Stand up tall and look ahead.
- Stand close to a stable support.
- March on the spot.
- Raise your knees as high as possible.
- Perform this exercise for 2-3 minutes.

2. Head Rotation



- Stand up tall and look ahead.
- Slowly turn your head as far as you can to the right.
- Slowly turn your head as far as you can to the left.
- Repeat 5 times to each side.

Warm Up Exercises

3. Neck Movements



- Stand up tall and look ahead.
- Place one finger on your chin.
- Guide your head straight back.
- Repeat 5 times.

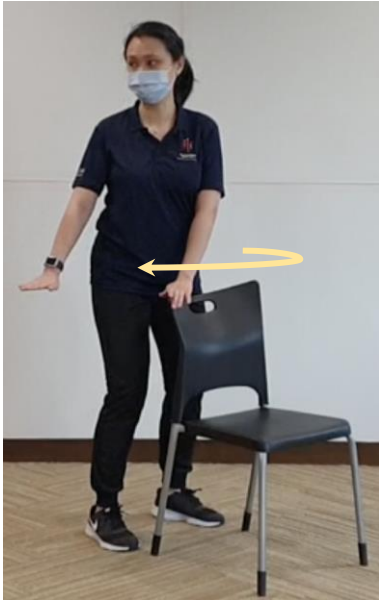
4. Back Extension



- Stand up tall and place your feet shoulder-width apart.
- Place your hands on your lower back.
- Gently arch your back.
- Repeat 5 times.

Warm Up Exercises

5. Trunk Rotation



- Stand up tall and place your hands on a stable surface.
- Do not move your hips.
- Turn as far as you can to the right comfortably.
- Turn as far as you can to the left comfortably.
- Repeat **5 times** to each side.

6. Ankle Movements



- Either stand or sit.
- Point your foot down then pull your foot back towards you.
- Repeat **10 times** for each foot.

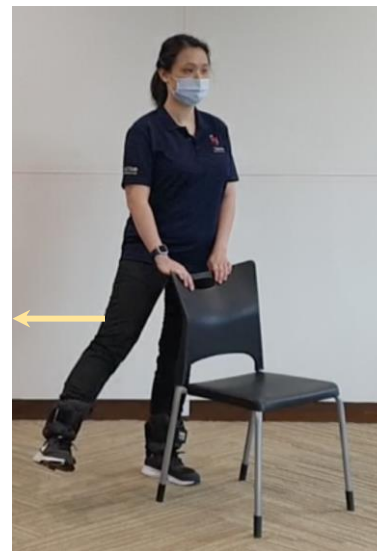
Level 1 Strength & Balance Exercises

1. Front Knee Strengthening Exercise



- Strap the weight onto your ankle.
- Sit on a chair with your back well supported.
- Straighten your leg out fully then lower your leg back down.
- Repeat _____ times for each leg.

2. Side Hip Strengthening Exercise



- Strap the weight onto your ankle.
- Stand up tall and hold onto a support.
- Keep your leg straight and your toes facing forward.
- Lift your leg out to the side and return.
- Repeat _____ times for each leg.

Level 1 Strength & Balance Exercises

3. Calf Raises



- Stand up tall and hold onto a support if needed.
- Place your feet shoulder-width apart.
- Lift your heels off the ground.
- Hold for _____ seconds.
- Lower your heels to the ground.
- Repeat _____ times.

Level 1 Strength & Balance Exercises

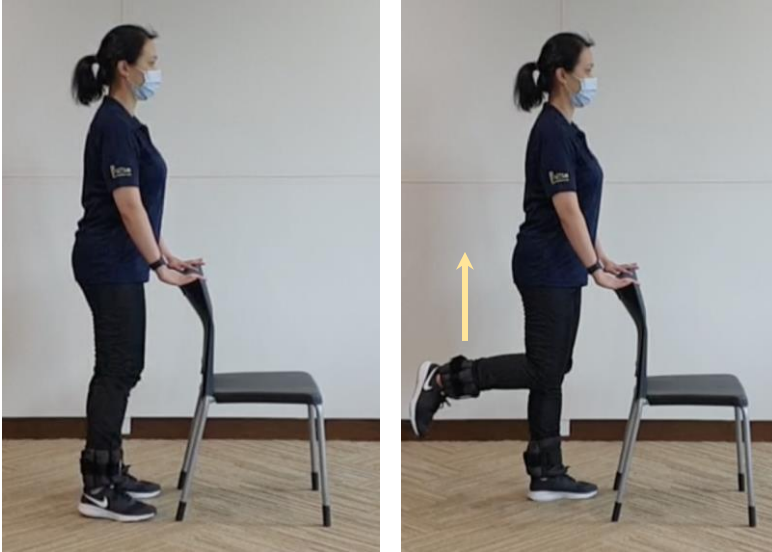
4. Toe Raises



- Stand up tall and hold onto a support if needed.
- Place your feet shoulder-width apart.
- Lift your toes off the ground.
- Hold for _____ seconds.
- Lower your toes to the ground.
- Repeat _____ times.

Level 1 Strength & Balance Exercises

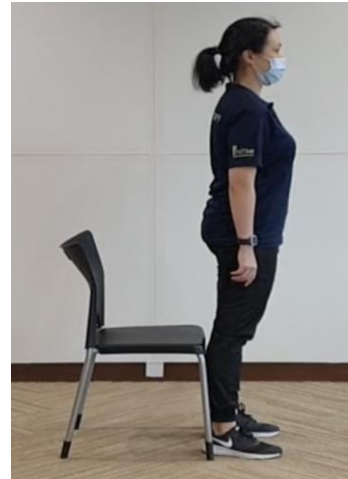
5. Back Knee Strengthening Exercise



- Strap the weight onto your ankle.
- Hold onto a support if needed.
- Bend your knee, bringing your heel towards your buttock.
- Return to the starting position.
- Repeat _____ times for each leg.

Level 1 Strength & Balance Exercises

6. Sit to Stand



- Sit on a chair which is not too low.
- Place your feet behind your knees.
- Lean your body forward over your knees.
- Stand up tall, with or without using your hands.
- Repeat _____ times.

Level 1 Strength & Balance Exercises

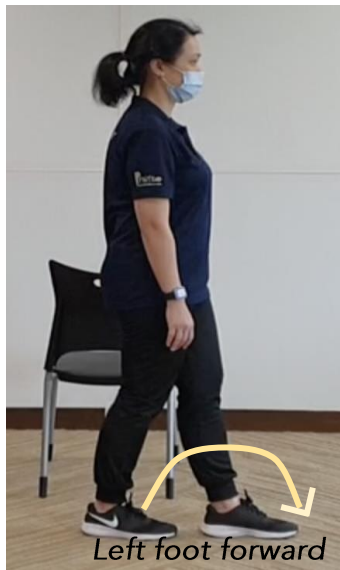
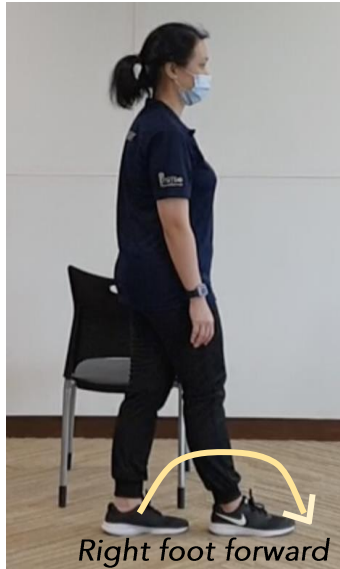
7. Knee Bends



- Stand up tall and hold onto a support.
- Place your feet shoulder-width apart.
- Bend your knees and squat down until your knees are right above your toes.
- Then straighten up.
- Repeat _____ times.

Level 1 Strength & Balance Exercises

8. Heel Toe Standing



- Stand up tall and hold onto a support if needed.
- Place one foot directly in front of the other foot so that the feet form a straight line.
- Hold this position for ____ seconds.
- Change position and place the foot behind directly in front.
- Hold this position for ____ seconds.
- Repeat ____ times.

Level 1 Strength & Balance Exercises

9. One Leg Stand



- Stand up tall and hold onto a support if needed.
- Stand on one leg.
- Try to hold this position for _____ seconds.
- Repeat _____ times for each leg.

10. Sideways Walking



- Stand up tall and place your hands on your hips / hold onto a support if needed.
- Take _____ side steps to the right.
- Take _____ side steps to the left.
- Repeat _____ 19 times.

Level 2 Strength & Balance Exercises

1. Backwards Walking



- Stand up tall and hold onto a support if needed.
- Walk backwards _____ steps.
- Turn around and hold on the support with the other hand.
- Walk backwards _____ **steps** to the beginning.
- Repeat _____ times.

Level 2 Strength & Balance Exercises

2. Heel Toe Walking Forwards



- Stand up tall and hold onto a support if needed.
- Place one foot directly in front of the other foot so that the feet form a straight line.
- Place the foot behind directly in front.
- Repeat ____ steps and turn around.
- Repeat ____ steps to the beginning.
- Repeat ____ times.

Level 2 Strength & Balance Exercises

3. Heel Toe Walking Backwards



- Stand up tall and hold onto a support if needed.
- Place one foot directly behind the other foot so that the feet form a straight line.
- Place the foot in front directly behind.
- Repeat ____ steps and turn around.
- Repeat ____ steps to the beginning.
- Repeat ____ times.

Level 2 Strength & Balance Exercises

4. Toe Walking



- Stand up tall and hold onto a support if needed.
- Come up onto your toes.
- Walk ____ steps on your toes.
- Lower your heels to the ground and turn around.
- Walk ____ steps on your toes in a forward direction.
- Repeat ____ times.

5. Heel Walking



- Stand up tall and hold onto a support if needed.
- Come up onto your heels, raising the front of your foot off the floor.
- Walk ____ steps on your heels in a forward direction.
- Lower your feet to the ground and turn around.
- Walk ____ steps on your heels.
- Repeat ____ times.

Level 2 Strength & Balance Exercises

6. Walking and Turning Around



- Hold onto a support if needed
- Walk at your regular pace
- Walk around in a clockwise direction.
- Walk back to your starting position.
- Walk around in an anti-clockwise direction.
- Walk in a figure of 8 pattern.
- Repeat _____ times.

Cool Down Exercises

1. Hamstring Stretch



- Sit at the edge of the chair.
- Straighten one knee and place your heel on the ground.
- Place both hands on the bent knee and slowly lean your body forward until a slight stretch is felt at the back of your thigh.
- Hold this position for **10-15 seconds**.
- Repeat **twice** for each leg.

2. Calf Stretch



- Sit at the edge of the chair.
- Straighten one knee and place your heel on the ground.
- Hold the sides of the chair.
- Point your toes up towards the sky until a slight stretch is felt at the back of your calf.
- Hold this position for **10-15 seconds**.
- Repeat **twice** for each leg.

Progression of Exercises

As you get more familiar and confident with the exercises, your body will feel stronger and steadier.

Here are some ways to continue to challenge yourself with the exercises!

Challenge your strength:

- Perform 2-3 sets of 10 repetitions instead of 1 set.
- Increase load or weight (by 1-2 pounds or 0.5kg) according to your ability and comfort.



Challenge your balance:

- Try doing the balance exercises with 1-2 finger support, working towards doing the exercises without holding on for support.



Exercise Log

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Exercise Log



Thank you for your participation!

Keep up with the exercises and continue
to stay active!

Personal Planner

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I have started to exercise on some days when I have time!

2

I know exercise is good for me but I don't know how/where to start.

1

I don't feel like doing exercise...

Goal Setting

We hope you have enjoyed this exercise programme! Remember it does not stop here! Let's set some goals for you to keep up the good work, and sustain the improvements you have achieved so far...

Next month:



1 year:



Clinic B1C
Physiotherapy Department
TTSH Medical Centre, Level B1

Contact:
6357 7000 (Central Hotline)
6357 8305 (Physiotherapy Department)



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