



Session 5

- **Welcome back (facilitators: PT,OT)**
- **Balance Station Circuit**
- **Discussion: Home exercises and activity - staying motivated**
- **Balance and strengthening exercises**

Objectives:

1. To discuss the positive benefits of daily exercise and activity.
2. To encourage clients to be able to find ways of maintaining daily activity and exercise.
3. To help clients find ways of overcoming any obstacles to daily exercise and activity.
4. To present daily exercise and activity as “part of life’ NOT an imposition.
5. To encourage exploring community options for ongoing activity.
6. To demonstrate and discuss strengthening exercises for the lower limb.
7. To promote and encourage self responsibility and management.

Resources for Session 5:

White board and markers

Discussion outline “Home exercises and activity”

Exercise handouts Session 5: Lower limb strengthening

Balance station equipment

Suitable plinth and chair(s) for demonstrating exercises

Timer

Water/tea/coffee



Finding Your Feet Facilitator Manual

Session 5 Plan

Welcome back	Welcome clients back and check how their week has been.
Check homework	
Balance station circuit	Encourage clients to participate as able. Progress as indicated. Continue to give feedback and reinforce changes needed for safety or efficacy. Give positive feedback whenever possible.
MORNING/AFTERNOON TEA	
Discussion (physiotherapist)	Discuss (using the discussion outline) the idea of a daily exercise and/or activity regime – the positives and the negatives. Explain the balance between specific exercises and general activity. Give examples of how to increase activity within daily life.
Demonstration (stability and lower limb strengthening exercise handout)	Demonstrate and explain lower limb strengthening exercises. Emphasise safety ++. Handouts given.
Homework	Encourage clients to do the HEP daily for the next seven weeks. Discuss the reality of “good and bad days” and how to work around this.



Session 5 Discussion Outline

“Home exercises and activity - staying motivated”

Discuss with, and emphasise to clients:

- The need for daily activity, for the rest of their lives.
- How they can increase activity within their everyday lives.
- The positive aspects of daily exercise/activity (eg. feeling better, having some control, sleeping better, improving fitness, lifting mood, staying healthier)
- Any negative aspects of daily exercise/activity (eg. causing pain, finding motivation, finding time...), and how to ‘re-frame’ or turn these around.
- Using variation (routine, environment, music, exercises etc.) to keep motivated.
- Self responsibility and empowerment.
- Changes in exercise and activity needs; maintaining balance between the specific exercises they need to do and the general activities of life.
- Life is activity – enjoy it!
- Encourage the clients to start thinking about community based activities they might be interested in as a lead in to Session 6.
- Present lower limb strengthening exercises as ‘sink, ‘bed’ and ‘chair’ exercises – this way, they are easily made a part of clients’ daily life, as these are frequently used places in our homes.



Home exercises Session 5

SAFETY, SAFETY, SAFETY!!!

Always be safe when you are doing exercises, and hold on to something solid. The bench top, or kitchen sink are good options. If you hold on to furniture, use something VERY HEAVY.

Stability and lower limb strengthening exercises:

1a] Knee straightening:

- Sit on your bed with your back supported against the wall or bed head. Place a rolled up towel or an empty plastic drink bottle (lid on) under your knee.
- Lift your heel off the bed until your knee is straight. Hold for three seconds, lower back to the bed.
- Repeat five times. If this is easy add five more.



Start position



Halfway position

1b] Knee straightening:

- Sit comfortably on a chair.
- Lift your foot off the floor and straighten your knee.
- Hold knee straight for three seconds then lower your foot to the ground.
- Repeat five times with EACH leg. Be careful NOT to lift your thigh off the seat.



Start position



Halfway position



End position



1c] Knee straightening:

- Stand with both feet flat on the floor.
- Squeeze the muscle above the knee as tightly as you can for at least five seconds.
- Rest. Repeat ten times.
- Do often throughout the day!



Relaxed position



'Squeeze' position

2a] Knee bending:

- Sitting on a chair, place foot in front of chair leg or chair base (if you have a "recliner" type chair).
- Pull your heel backwards so you are pulling into the leg or base of the chair. Pull hard for three seconds then relax.
- Repeat ____ times with each leg.





2b) Knee bending:

- Stand with your hands on a bench top or the kitchen sink for support. Stand tall.
- Bend your leg up behind you as far as you can, bending your knee first. DO NOT LEAN FORWARD.
- Hold your leg bent for three seconds and slowly lower to floor. Repeat five times in a row on EACH leg.



Start position



Halfway position



End position

3) Heel raises:

- Stand up tall holding on to the bench or sink for safety.
- Place feet about six inches apart.
- Come up onto your toes then lower heels to the ground.
- Repeat ten times.



Start position



Halfway position



End position



Session 6

- **Welcome back (facilitators: PT,OT,SW/WW)**
- **Check HEP**
- **Functional assessments**
- **Balance Station Circuit**
- **Discussion: Keeping Up the Good Work (setting realistic goals)**

Objectives:

1. To establish a mid-program measurement of the clients balance, function and endurance.
2. To encourage clients to make exercise and activity a daily lifelong habit.
3. To encourage clients to understand and accept that they are responsible for their own commitment to this lifelong habit.
4. To explore options for activity in community based groups.
5. If the clients show interest, to encourage the group to remain in contact with each other to help stay motivated.

Resources for Session 6:

White board and markers

Session plan “Keeping up the Good Work”

“Choose Health Be Active” booklet

Handout information on available community activity groups

Handout information on available transport options

Balance station equipment

Timer

Physical assessment paperwork

Pre-measured test zones TUG, 180° turn and 3 minute walk

Water/tea/coffee



Finding Your Feet Facilitator Manual

Session 6 Plan

Welcome back	Welcome clients back and check on the past week.
Check HEP	Check how clients went with trying the exercises. Encourage comments, discuss difficulties, applaud successes.
Balance station circuit	Encourage clients to participate as able. Progress as indicated. Continue to give feedback and reinforce changes needed for safety or efficacy. Give positive feedback whenever possible.
MORNING/AFTERNOON TEA	
Discussion (occupational therapist/physiotherapist/social worker or welfare worker)	Discuss: 'Keeping Up the Good Work'. Encourage clients to set realistic goals which can be part of everyday life. Use the Exercise and Activity sheet (p. 52 & 53) to help clients. If desired, distribute the "Choose Health: Be Active" to the clients to help with this process.
Functional assessments	Remind the clients of the reasons for the physical tests. Have each client undertake the three tests. Give positive feedback when possible!
Homework	Keeping up the good work! Remind them of the importance of the review group. Ask them to bring a small plate to share.



Session 6 Discussion Outline

“Keeping Up the Good Work”

Discuss with clients and emphasise:

- They are responsible for taking their new knowledge and skills into everyday life.
- The final session (after seven weeks break) is an important opportunity to share successes and barriers.

Participation in FYF

- What do they feel have they achieved by attending FYF?
- Understanding the importance of physical activity in daily life.
- Commonly faced barriers and excuses for not maintaining a healthy lifestyle and activity level and how to overcome these.

Goal Setting

- Use “Choose Health: Be active” booklet* to help clients identify individual activities, time of day and frequency across their week. (*if available, or similar booklet)
- Use Exercise and Activity Plan (p. 52 & 53) to set realistic goals.
- Emphasise “Keeping Up the Good Work”.

Homework

- Clients to try to complete their chosen plan during the seven week break.



Finding Your Feet – Week 6
Exercise and Activity Plan (example only)

WHAT ACTIVITY WILL I DO?	HOW OFTEN?	FOR HOW LONG OR HOW MANY TIMES?
<p>1. Home Exercise Program</p>	<p>At least five times per week A little and often</p>	<ul style="list-style-type: none"> ↗ eg. 10 minutes exercise twice daily (incorporating five different exercises each time) ↗ eg. Whilst watching TV, straighten and bend knee for 2 minutes! ↗ eg. Whilst standing at the cash register, tighten and relax knee for 2 minutes! ↗ eg. Whilst standing at the sink waiting for jug on to boil, do 5 leg exercises (5 each leg!)
<p>2. Walking</p>		<p>2 x 10 minute walks, at least 4 days each week</p>



Finding Your Feet – Week 6
Exercise and Activity Plan

WHAT ACTIVITY WILL I DO?	HOW OFTEN?	FOR HOW LONG OR HOW MANY TIMES?