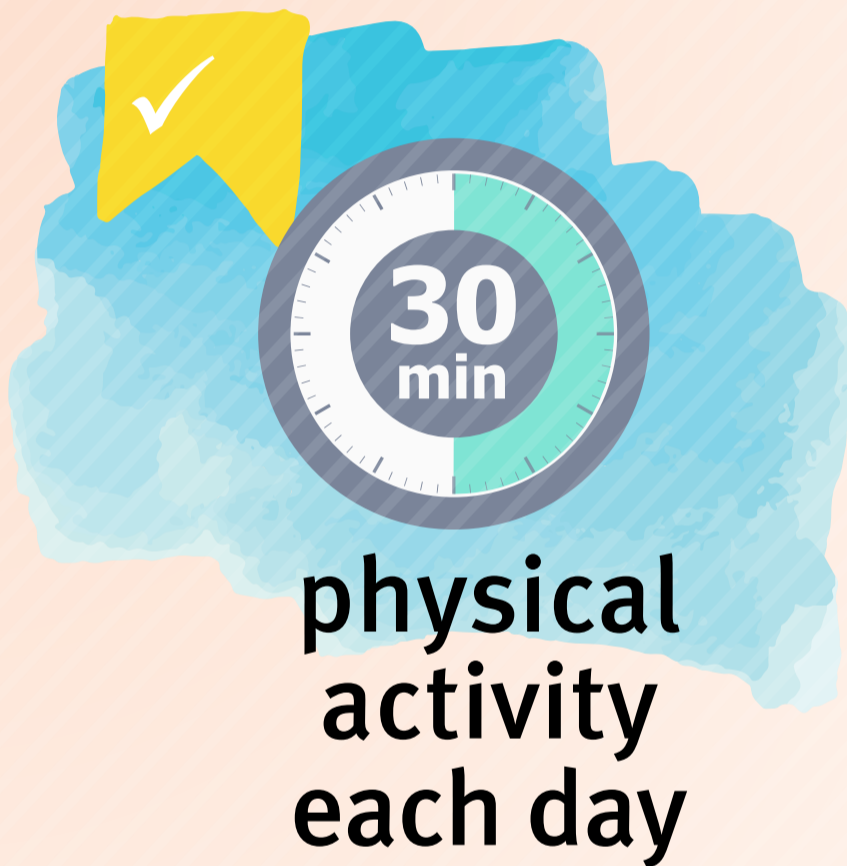


Your prescription for staying on your feet



Recommended dose

Strength activities—complete weight or strength exercise such as leg raises daily or as directed by your physio

Ask your nurse or physio to take you for a small walk

Balance activities—do balance activities such as heel raises

Ask your physio for exercises to do at your bedside

Reminders to ensure your safety:

- check your footwear, talk to your nurse about safe footwear and what to look for
- talk to your doctor about your medication in hospital, at discharge and every 12 months
- have your vision tested every 24 months; ensure you wear your prescription glasses in hospital.

For more information talk to your health professional or visit: www.health.qld.gov.au/stayonyourfeet