

EXERCISE CARDS

Index

1. Lower Limbs
- 2 Strength and Balance
3. Walking

Suggerimenti utili

- Non svolgere attività fisica se non stai bene, se hai capogiri, se provi stordimento o se provi dolore insolito
- Smetti di svolgere attività fisica se hai capogiri, se sei a corto di fiato o se provi un dolore insolito o più acuto.
- Smetti di svolgere attività fisica se non ti senti al sicuro
- Usa una superficie su cui appoggiarti con le mani, es. un ripiano in cucina, salvo avviso contrario

Handy Hints

- Do not exercise if you feel unwell, dizzy, light headed, or have an unusual pain
- Stop exercising if you feel dizzy, short of breath or experience an increased or different pain.
- Stop the exercise if you do not feel safe
- Use hand support, eg kitchen bench, until advised otherwise

Suggerimenti utili

- Continua gli esercizi fisici in piccole sequenze, come spiegato qui sotto:
 - Riducendo il tempo in cui ti appoggi con le mani ... usa il lavello o un ripiano in cucina, la parte posteriore di una poltrona, un tavolo o una ringhiera
 - Avvicina i piedi l'uno all'altro
 - Aumenta il numero di ripetizioni dello stesso esercizio
 - Aumenta il periodo di tempo dedicato all'attività fisica
 - Usa pesi leggeri

Handy Hints

- Progress exercises in small steps by:
 - Reducing hand support ... use the kitchen sink or bench, the back of a heavy chair, a table or a suitable rail for support
 - Move your feet closer together
 - Increasing the number of repetitions
 - Increasing the time you exercise
 - Using light weights

Translated Home Based Strength and Balance Exercise Cards.

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Suggerimenti utili

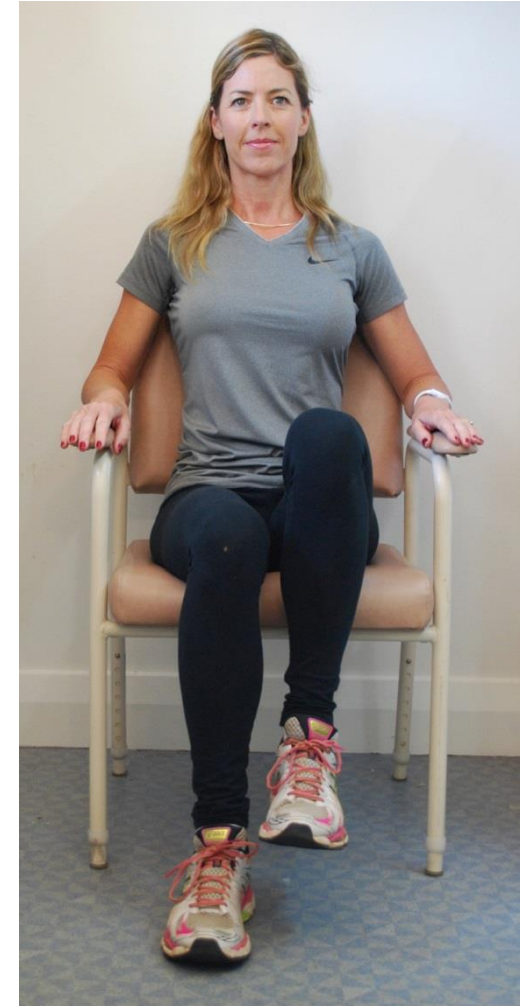
- Incorpora gli esercizi fisici nelle attività quotidiane
 - Svolgendo esercizi di equilibrio mentre aspetti che bolli la pentola o mentre lavi i piatti al lavello
 - Siediti e alzati da una sedia o poltrona varie volte invece di una sola volta
 - Fai le scale due volte invece di una volta sola
 - Svolgi esercizi fisici davanti alla TV

Translated Home Based Strength and Balance Exercise Cards.

Handy Hints

- Integrate exercises into daily activities
 - Doing balance exercises while waiting for the kettle to boil or washing up at the kitchen sink
 - Get in and out of chair a number of times instead of just once
 - Walk the stairs twice instead of once.
 - Exercise in front of the TV

- Solleva le ginocchia verso il torace



- Lift your knee towards your chest

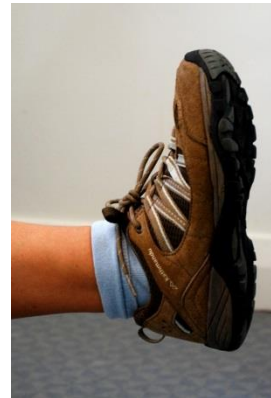
- Solleva e sposta la gamba sul lato della sedia



- Lift your leg out to the side of the chair

Card 3 Italian Sitting, knee straightening

- Raddrizza il ginocchio



- Straighten your knee

Card 4 Italian Sitting, Feet rocking

- Solleva i talloni
- Solleva le dita dei piedi

- Lift your heels
- Lift your toes



Card 5 Italian Sit to Stands

- Alzati in piedi
- Poi siediti

- Stand up
- Then sit down



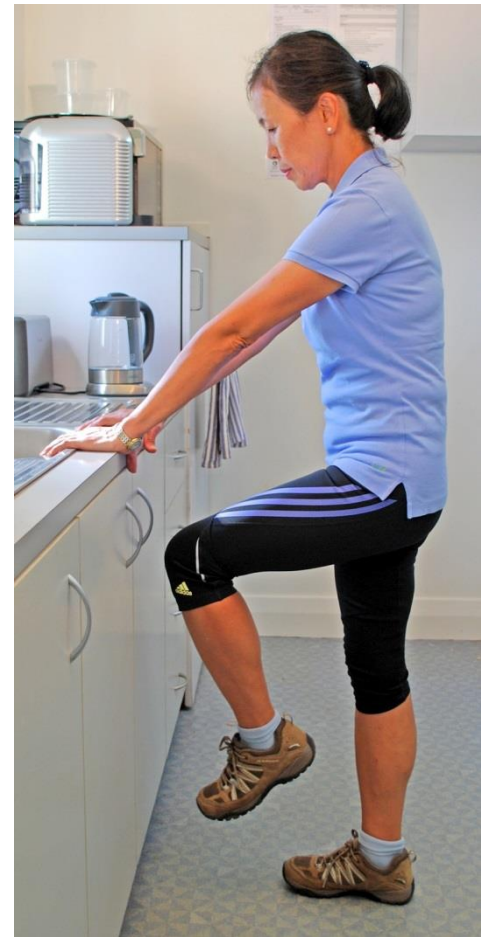
Translated Home Based Strength and Balance Exercise Cards.

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Card 6 Italian Marching

- Marcia sul posto
- Piega le ginocchia

- March on the spot
- Bend your knees



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- Solleva la gamba lateralmente



- Lift your leg sideways

Card 8 Italian Hip extension

- Raddrizza il ginocchio
- Solleva la gamba indietro



- Straighten your knee
- Lift your leg backwards

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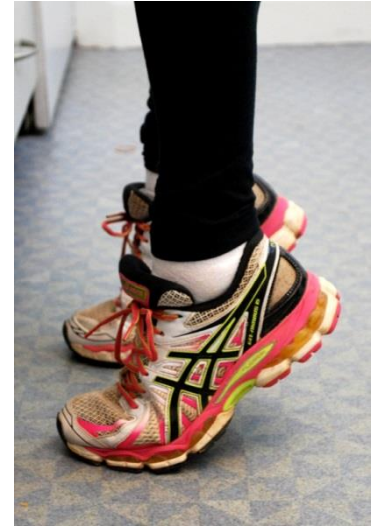
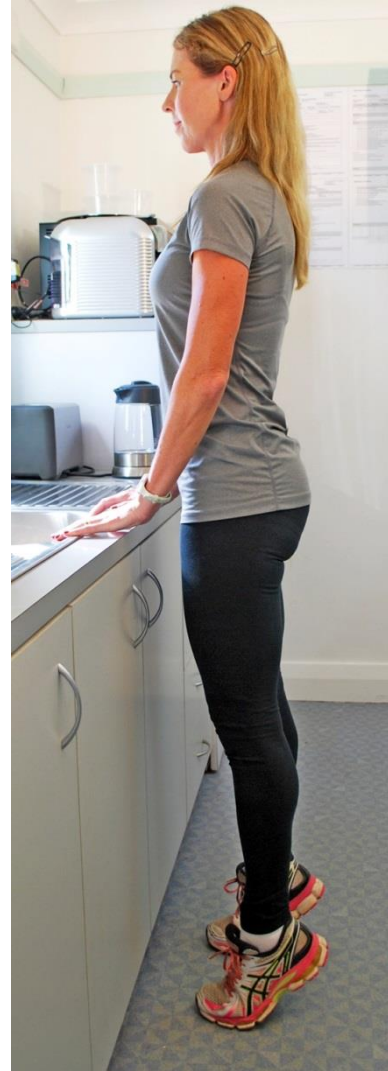
Card 9 Italian Knee bends

- Rimani fermo in piedi
- Piega le ginocchia



- Stand still
- Bend your knees

- Trattieniti al passamano
- Solleva i talloni
- Solleva le dita dei piedi



- Hold the rail
- Lift your heels
- Lift your toes

Card 11 Italian Knee flexion

- Piega il ginocchio

- Bend your knee



- Piedi divaricati
- Rimani fermo in piedi
- Mantieni l'equilibrio

- Feet apart
- Stand still
- Keep your balance



Card 13 Italian

Feet apart steady standing

Turning head and shoulders

- Piedi divaricati
 - Rimani fermo in piedi
 - Mantieni l'equilibrio
 - Gira a destra
 - Gira a sinistra
- Feet apart
 - Stand still
 - Keep your balance
 - Turn to the right
 - Turn to the left



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Card 14 Italian

Feet apart steady standing

Moving arms

- **Piedi divaricati**
- **Rimani fermo in piedi**
- **Mantieni l'equilibrio**
- **Solleva le braccia in avanti**
- **Solleva le braccia lateralmente**
- Feet apart
- Stand still
- Keep your balance
- Lift your arms forwards
- Lift your arms sideways



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- Piedi uniti
 - Rimani fermo in piedi
 - Mantieni l'equilibrio
-
- Feet together
 - Stand still
 - Keep your balance



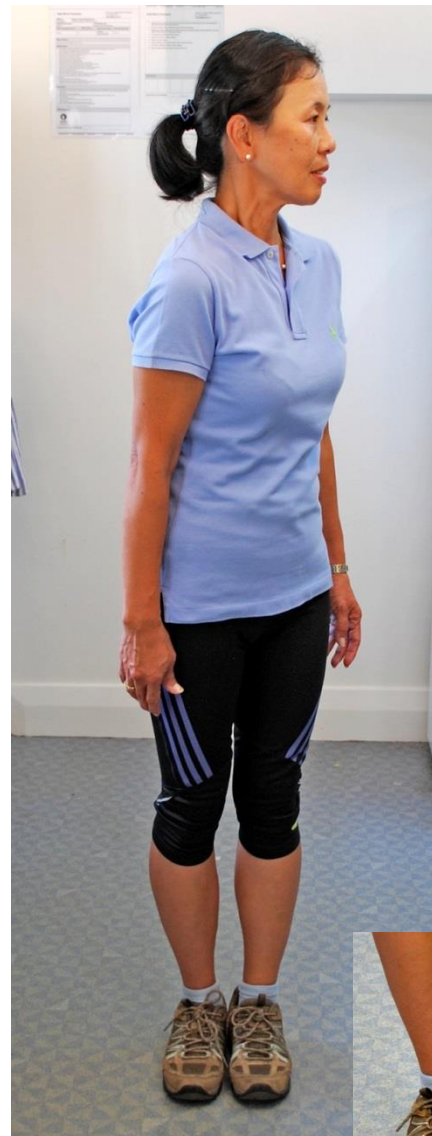
Card 16 Italian

Feet together steady standing

Moving head and shoulders

- **Piedi uniti**
- **Rimani fermo in piedi**
- **Mantieni l'equilibrio**
- **Gira a destra**
- **Gira a sinistra**

- Feet together
- Stand still
- Keep your balance
- Turn to the right
- Turn to the left



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Card 17 Italian

Feet together steady standing

Moving arms

- Piedi uniti
- Rimani fermo in piedi
- Mantieni l'equilibrio
- Solleva le braccia in avanti
- Solleva le braccia lateralmente



- Feet together
- Stand still
- Keep your balance
- Lift your arms forwards
- Lift your arms sideways.

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Card 18 Italian Feet step standing steady standing

- Fai un passo in avanti
 - Rimani fermo in piedi
 - Mantieni l'equilibrio
-
- Take a step
 - Stand still
 - Keep your balance



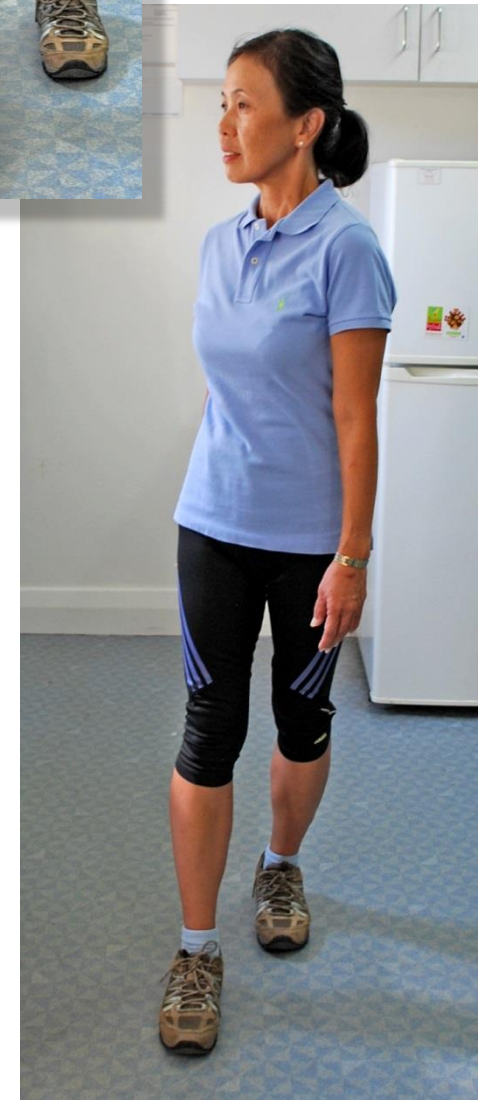
Card 19 Italian

Feet step standing steady standing

Turning head and shoulders

- Fai un passo in avanti
- Rimani fermo in piedi
- Mantieni l'equilibrio
- Gira a destra
- Gira a sinistra

- Take a step
- Stand still
- Keep your balance
- Turn to the right
- Turn to the left



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Card 21 Italian

Feet step standing steady standing Moving arms

- Fai un passo in avanti
- Rimani fermo in piedi
- Mantieni l'equilibrio
- Solleva le braccia in avanti
- Solleva le braccia lateralmente

- Take a step
- Stand still
- Keep your balance
- Lift your arms forwards
- Lift your arms sideways.



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Card 21 Italian

Feet tandem steady standing

- Metti il tallone davanti alle dita dei piedi
- Rimani fermo in piedi
- Mantieni l'equilibrio

- Place heel in front of toes
- Stand still
- Keep your balance



- Stai in piedi su una gamba sola
- Rimani fermo in piedi

- Stand on one leg
- Keep your balance



- Piedi divaricati
- Rimani fermo in piedi
- Sposta il corpo in avanti

- Feet apart
- Stand Still
- Reach forwards



- Piedi divaricati
- Rimani fermo in piedi
- Sposta il corpo lateralmente

- Feet apart
- Stand Still
- Reach sideways



- Piedi uniti
- Rimani fermo in piedi
- Sposta il corpo in avanti

- Feet Together
- Stand Still
- Reach forwards



- Piedi uniti
- Rimani fermo in piedi
- Sposta il corpo lateralmente

- Feet Together
- Stand Still
- Reach sideways

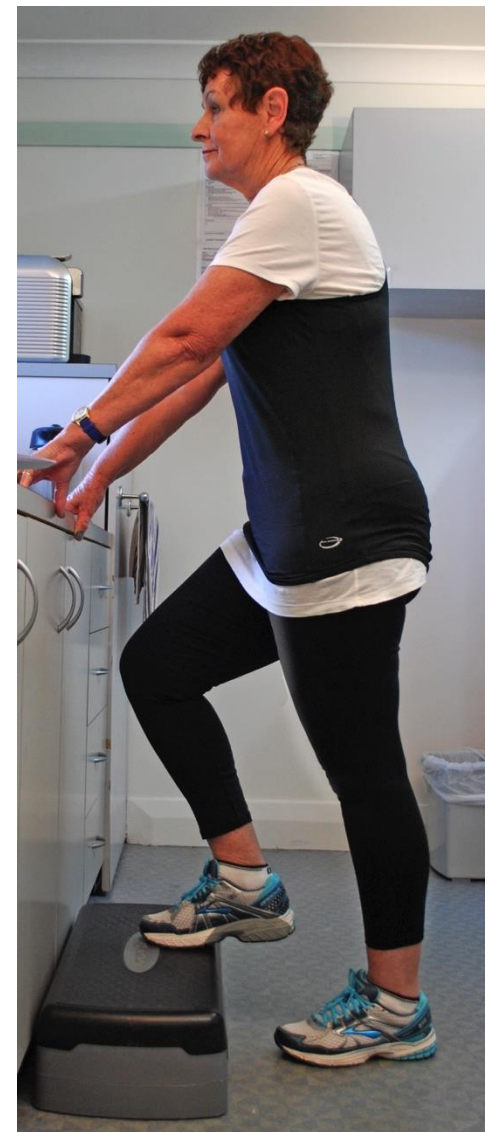


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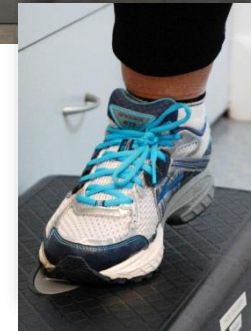
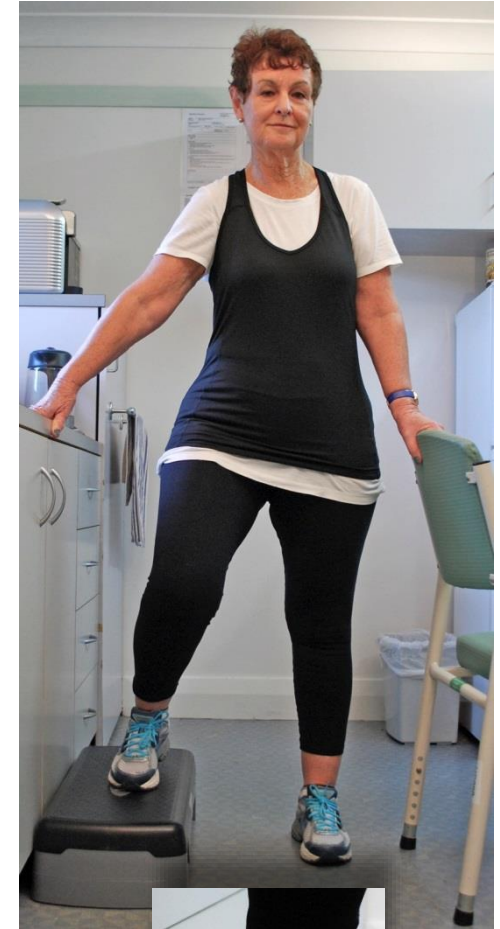
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- Mettiti davanti allo scalino
- Dai dei colpetti con il dito del piede su un gradino

- Face the step
- Tap your toe on the step



- Girati di lato
- Dai dei colpetti con il piede su un gradino

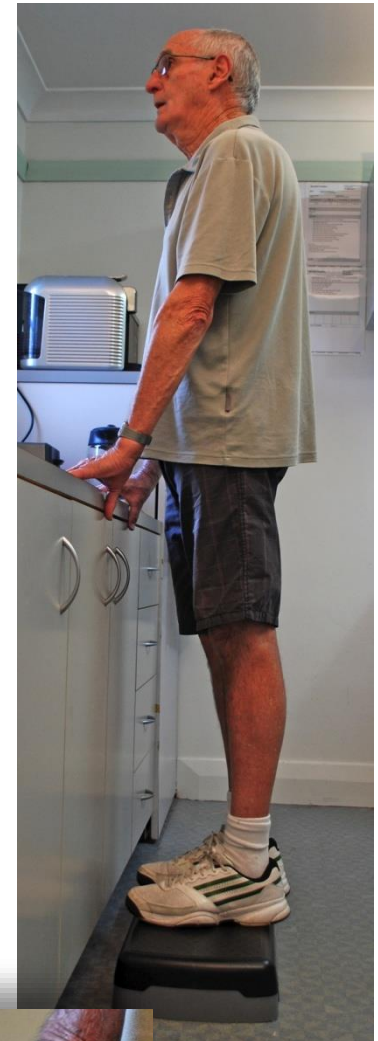


- Turn sideways
- Tap your foot on the step

Card 29 Italian Forwards step ups

- Mettiti davanti allo scalino
- Sali su uno scalino
- Scendi dallo scalino

- Face the step
- Step up onto step
- Step down



Card 30 Italian Sideways step ups

- Girati di lato
- Sali su uno scalino
- Scendi dallo scalino

- Turn sideways
- Step up onto step
- Step down

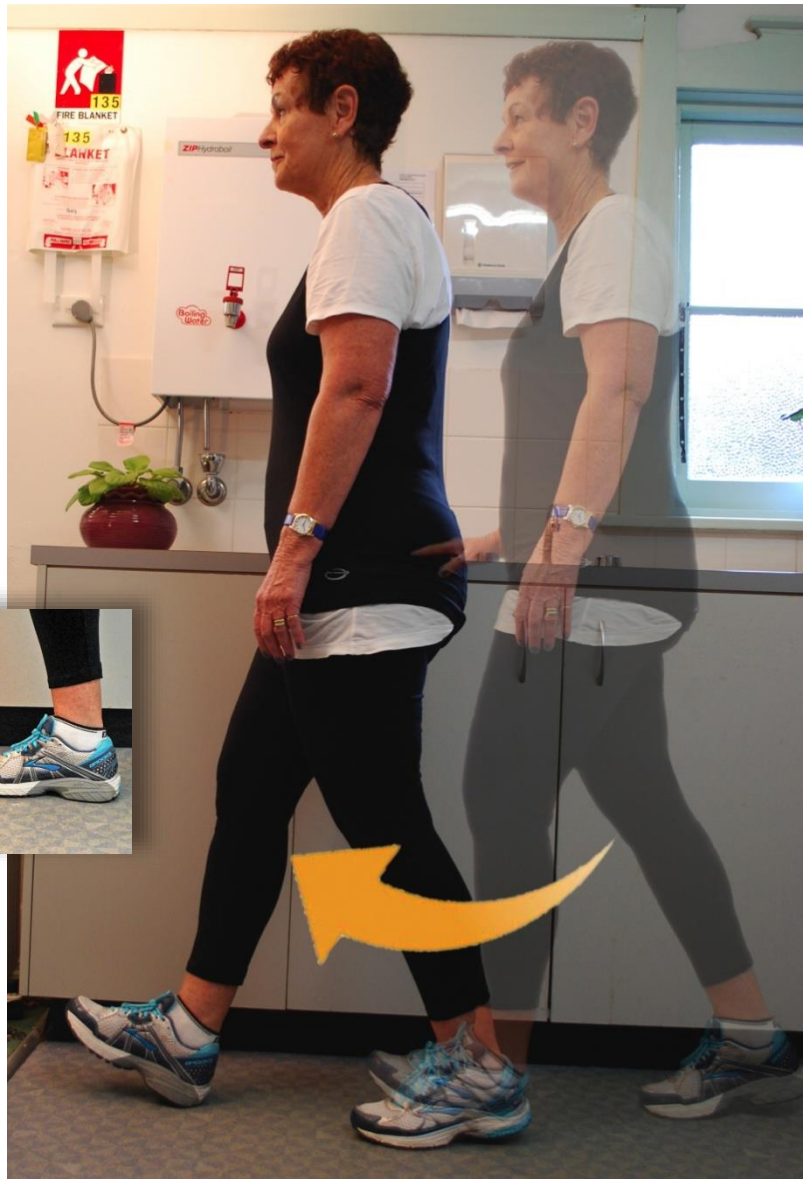


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Card 31 Italian Walk forwards

- Cammina in avanti



- Walk forwards

- Cammina all'indietro



- Walk backwards

- Cammina
lateralmente

- Walk sideways



Card 34 Italian Tandem walk

- Cammina in avanti con le dita del piedi più indietro che toccano il tallone del piede più avanti



- Walk forwards heel to toe

Card 35 Italian Figure of eight walking

- Cammina formando un “otto”

- Walk in the shape of an eight



ITALIAN

• 1	Uno	• 6	Sei
• 2	Due	• 7	Sette
• 3	Tre	• 8	Otto
• 4	Quattro	• 9	Nove
• 5	Cinque	• 10	Dieci

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Acknowledgements



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Translated Home Based Strength and Balance Exercises.

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