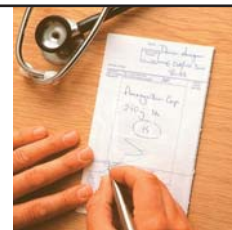




Gait re-training exercises

Michael McQueen, BAppSc (Physio), MAPA, is a physiotherapist, Wamberal, New South Wales.



Perform all strengthening and stability exercises for a few minutes morning and night

Calf stretching



**Keep foot straight and heel down
Feel stretch behind knee**

Hold stretch for 10 seconds, 5 x each leg

Balance



**Balance on one leg in doorway,
keeping abdominal muscles tight**

Balance for 10 seconds each leg, using doorway for support if needed, x 3 sets

Upper body strengthening and stability



**Lift 1 kg weight above head
Perform in front of a mirror, keeping
abdominal muscles tight and body align-
ment stationary**

3 sets of 10 x each arm

Quadricep strengthening



Lift 1 kg weight

3 sets of 10 x each leg

Hip flexor stretching



**Stretch knee down to bed, keep pelvis flat
Feel stretch in inner leg region**

Hold stretch for 10 seconds, 5 x each leg

Core stability



**Feet shoulder width apart, lift hips off bed
Keep abdominal muscles tight**

Hold for 10 seconds x 3 times

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