

Balance Improvement Package



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The “Balance Improvement Pack” includes exercises and activities to help you maintain your physical function and improve your balance while you are staying at home. We recommend that you exercise safely for a total of 20 to 60 minutes per day, about three times a day, with a combination of various exercises. We have set a standard time and frequency for each exercise, but you can adjust this according to your physical condition. You can listen to the radio or your favorite music to keep up your motivation.


▼▼▼▼▼▼▼▼▼▼ Precautions for exercise ▼▼▼▼▼▼▼▼▼▼

1. Stop exercising if you feel pain or stress in your body.
2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, do not hold your breath and breathe naturally.
4. If you are not feeling well, please take a rest and stop exercising.
5. Use a stable chair or desk, and do not use objects that can be easily moved, such as a chair with wheels.


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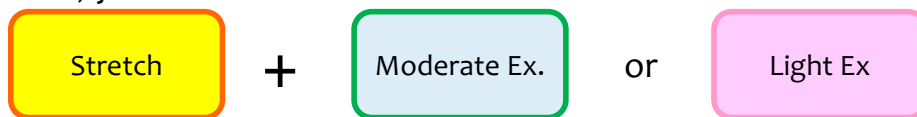
How to use the Balance Improvement Pack


Please select the type of exercise according to your physical condition that day. When you are in good physical condition, do active exercise. If you are not feeling well, do not exercise too much, but if possible, do some light exercise to keep active. The type and intensity of exercise are color-coded into “stretch”, “pine (intensive exercise)”, “bamboo (moderate exercise)” and “plum (light exercise)”. Please select an exercise by referring to the following.

 If you are in good physical condition, you can...



 If you have pain in your knees or back, but are still able to do light exercise, you can...



 If you are not feeling well, but are still able to do very light exercise, you can...



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List of exercises included in the Balance Improvement Pack

Exercise intensity increases in the order of ● plum → ● bamboo → ● pine. Please combine ● stretching with other exercises according to your physical condition that day.

No.	Stretch	Balance exercise	Muscle training	Whole-body exercise	Supine	Sitting	Standing	Exercise content
1	●					●		Stretching the upper back and chest
2	●					●		Stretching the hamstrings
3	●					●		Stretching the arms and back
4	●						●	Stretching tight calf muscles
5			●		●			Ankle exercise in a supine position
6			●		●			Knee exercise in a supine position
7			●			●		Raising the toes and heels
8			●			●		Knee straightening exercise
9			●			●		Raising the thighs
10		●	●				●	Standing heel raises
11			●		●			Bridge exercise
12			●				●	Squats
13			●	●		●		Standing up from a chair
14			●	●			●	Marching in place
15			●		●			Sit ups
16			●		●			Straight leg raises
17			●				●	Thigh stretch and lunge
18							●	Walking

Supine: exercises are done while lying on your back. Sitting: exercises are done while sitting down. Standing: exercises are done while standing up.

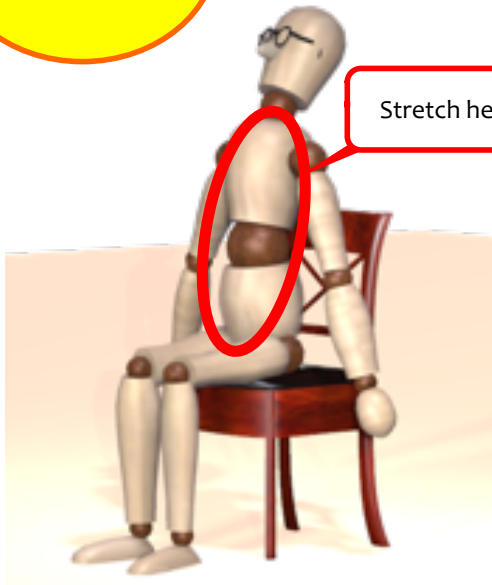
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1

Stretching the upper back and chest

Stretch

20 sec



Here's the point!

- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.
- Take a deep and smooth breath and slowly release without any pain.

If you have pain in your back or shoulders, please be careful not to make it worse.

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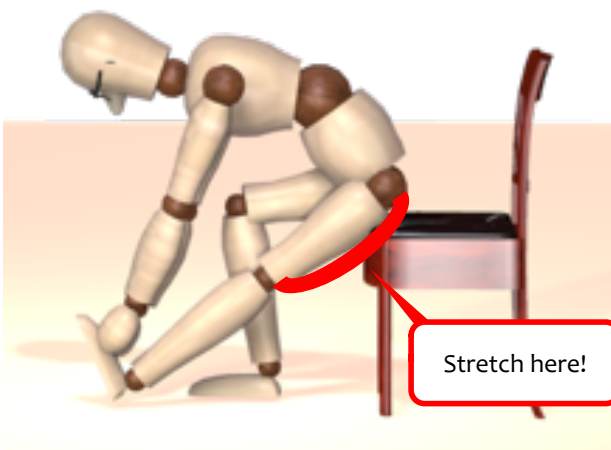
2

Stretching the hamstrings

Stretch

Left and right sides,
20 sec each

Be careful not to fall off the chair!



Here's the point!

- Be careful not to fall off the chair by sitting too close to the edge.
- With one leg extended, lean forward and stretch the back of your thighs.
- Take deep breaths without hunching and stretch slowly without any pain.

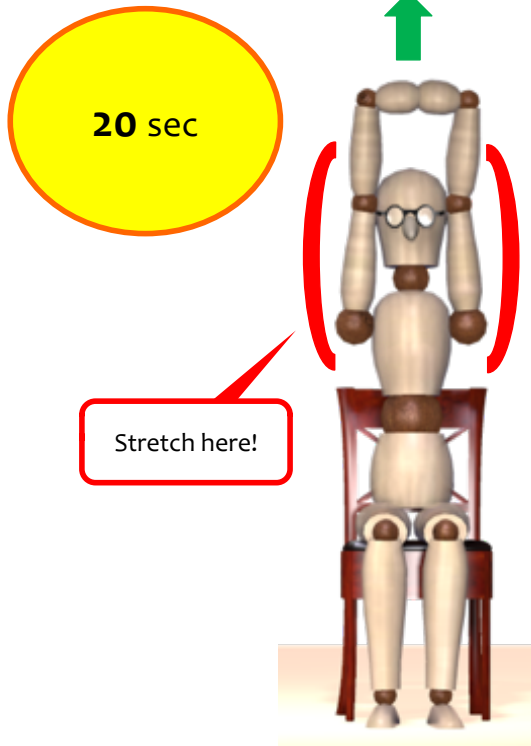
If you have pain in your back or knees, please be careful not to make it worse.

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3

Stretching the arms and back

Stretch



Here's the point!

- Clasp your hands and lift them over your head with your palms facing the ceiling.
- Gently extend your arms without bending your elbows.
- Take deep breaths without hunching and stretch slowly without any pain.

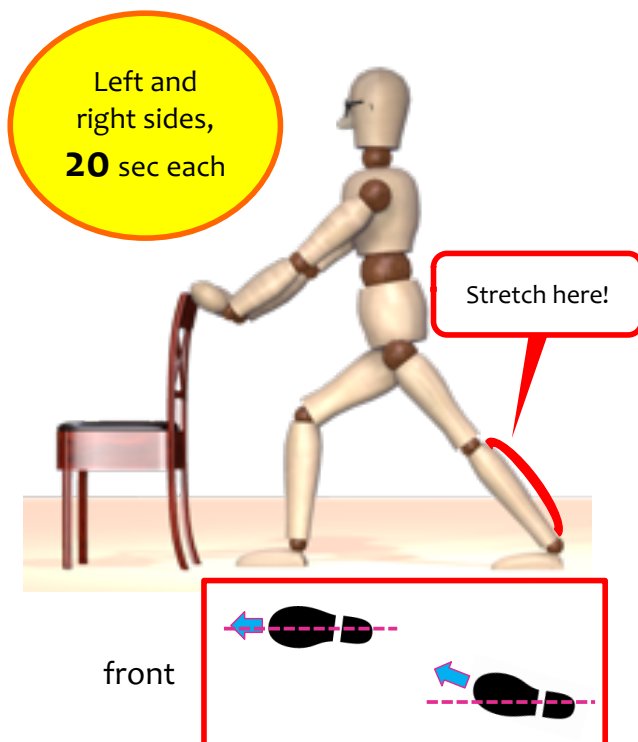
If you have pain in your shoulders or arms, please be careful not to make it worse.

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4

Stretching tight calf muscles

Stretch



Here's the point!

- Hold onto a table, chair, or handrail to keep stable.
- Put one foot in front of the other and slowly stretch the calf muscles of the back leg.
- Point your toes forward. It might be more effective to point the toes of your back leg slightly inward.
- Take deep breaths without hunching and stretch slowly without any pain.

If you have pain in the joints of your knees or feet, please be careful not to make it worse.

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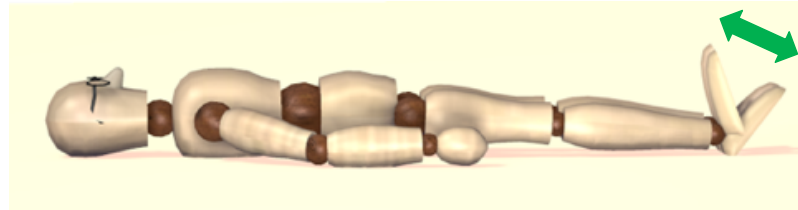
5

Ankle exercise in a supine position

Light



30-50
times



Here's the point!

- Lie on your back with your legs fully extended.
- Slowly alternate extend or flex of the ankle.
- Try to move your ankles as much as possible.

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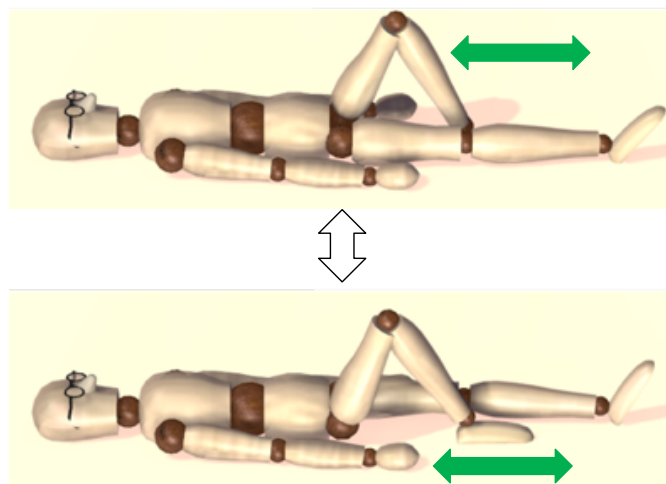
6

Knee exercise in a supine position

Light



30-50
times



Here's the point!

- Lie on your back, and alternate bending and extending your left and right legs alternately.
- The faster you go, the more intense the exercise will be.

If you have pain in your back or knees, please be careful not to make it worse.

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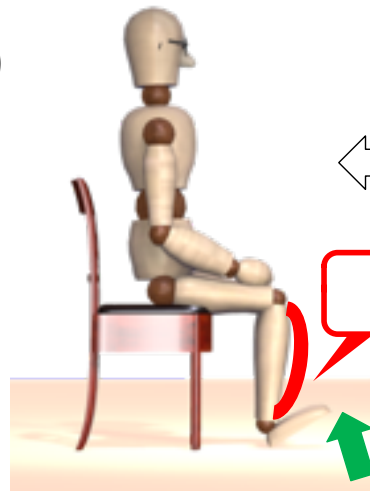
Raising the toes and heels

Light

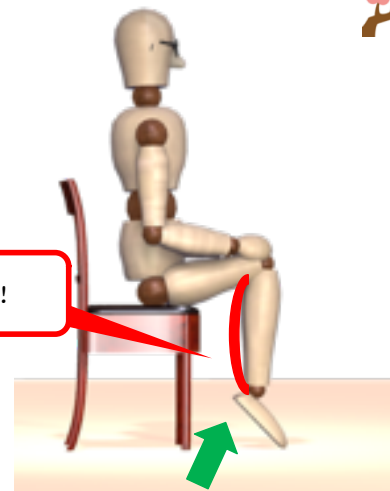


30-50
times

(1.)



(2.)



Here's the point!

- (1.) raise and lower your toes slowly.
- (2.) raise and lower your heels slowly.
- Repeat these two steps.

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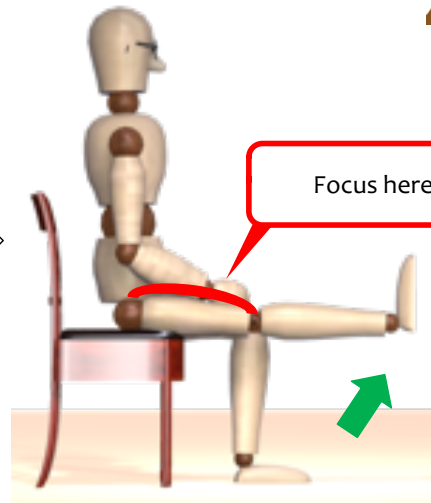
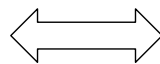
8

Knee straightening exercise

Light



30-50
times



Here's the point!

- While sitting in a chair, straighten one leg slowly without pain.
- Keep your knee straight for 3 seconds. It is more effective to flex your foot towards you.

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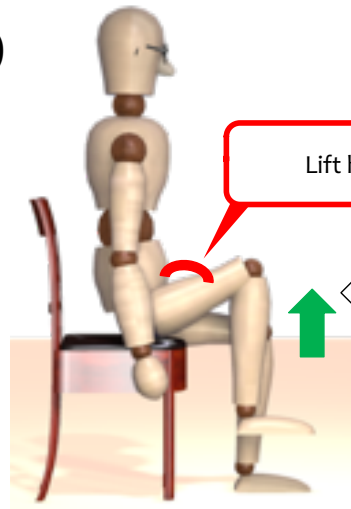
Raising the thighs

Light

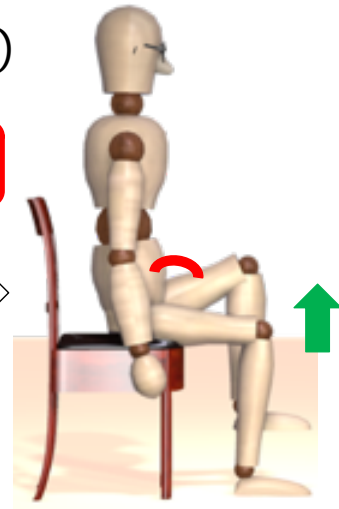


30-50
times

(1.)



(2.)



Here's the point!

- (1.) lift one leg up while keeping the knee bent as shown by **the green arrow**, and then slowly return to the original position.
- (2.) repeat with the other leg.

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Standing heel raises

Light

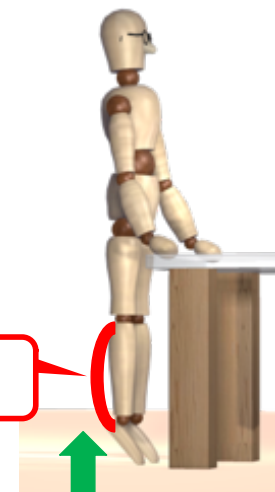


30-50
times

(1.)



(2.)



Refrain from this
exercise if you have
rheumatoid arthritis.

Here's the point!

- Hold onto a table, chair, or handrail to keep stable.
- (1.) stand with your feet shoulder width apart and take a stable stance.
- (2.) raise your heels, and then slowly lower.

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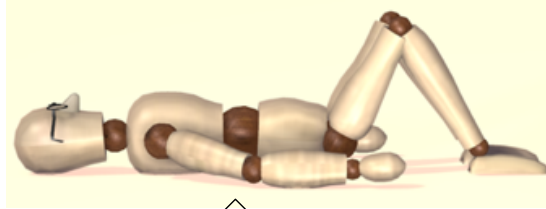
Bridge exercise

Moderate

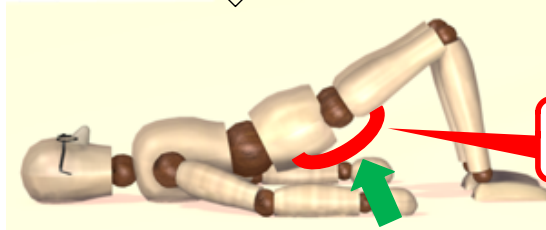


20-30
times

(1.)



(2.)



Lift up here!

Here's the point!

- (1.) lie on your back with both knees bent and your feet flat on the floor.
- (2.) slowly raise your hips in the direction of the green arrow and then lower them slowly.

If you have pain in your back or knees, please be careful not to make it worse.

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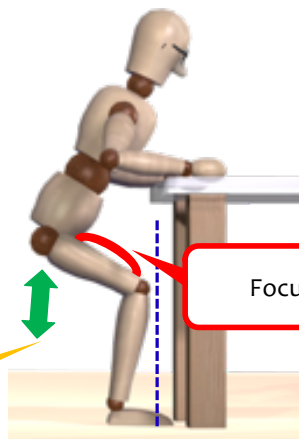
Squats

Moderate

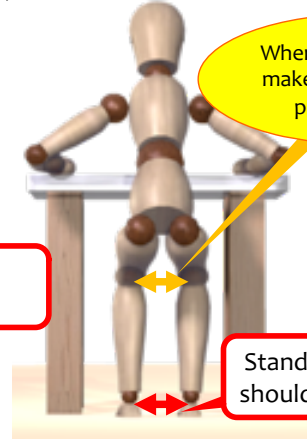


20-30
times

(1.) Side view



(2.) Back view



Be careful not to bend your knees too much and fall backwards.

Make sure your knees don't go forward past your toes.

Focus here!

When lowering down, make sure your knees point outward.

Stand with your feet shoulder width apart.

Here's the point!

- Hold a table, chair, or handrail to keep you stable.
- (1.) lower your hips in the direction of the green arrow slowly. Pause and hold for 3 seconds and then slowly lift up to the original position.
- (2.) stand with your feet shoulder width apart and don't thrust your hips backward.

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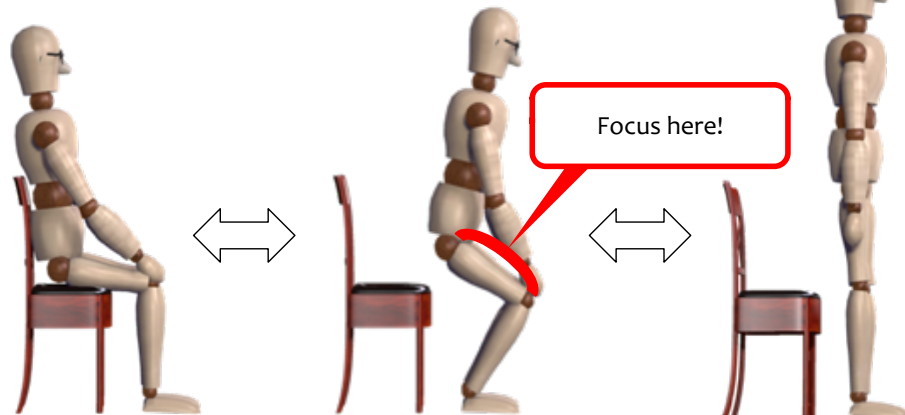
13

Standing up from a chair

Moderate



20-30
times



Here's the point!

- Stand up and sit down slowly, focusing on the muscles in your thighs.
- Stretch your back when sitting or standing, and lightly bow before standing up and sitting down.

If you have pain in your knees, please raise the seat height so that the pain does not get worse.

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Marching in place

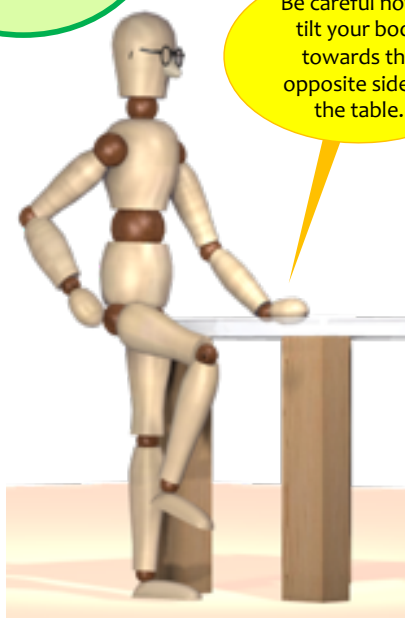
Moderate



3 min

Be careful not
to fall down.

Be careful not to
tilt your body
towards the
opposite side of
the table.



Here's the point!

- Lightly hold a stable table or chair.
- Straighten your back and march in place. It is more effective to lift your thighs higher.
- If your balance is stable, try moving your arms.
- Try marching in rhythm to music or singing.

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Sit ups

Intensive



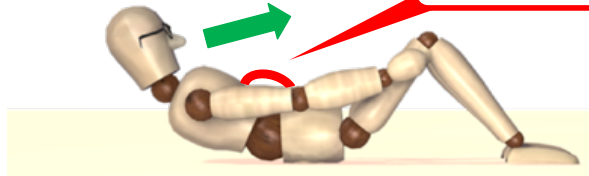
10-20
times

(1.)



Focus here!

(2.)

**Here's the point!**

- (1.) lie on your back and bend both knees while keeping your feet on the floor. Lift your head so that you are looking at your lower abdomen, keeping your shoulders slightly off the floor. Keep your arms extended in front of you.
- (2.) gently lift and lower back down. Don't hold your breath.

If you have pain in your neck, back or hips, please be careful not to make it worse.

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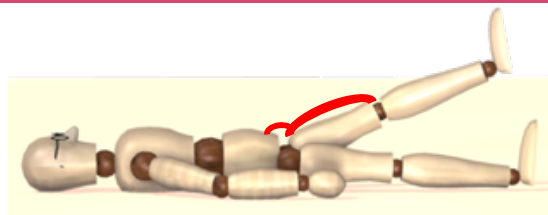
Straight leg raises

Intensive



10-20
times

(1.)



Lift up here!



(2.)

**Here's the point!**

- (1.) lie flat on your back with your legs extended. Tighten your abs and raise one leg about 30 cm off the floor while keeping it straight.
- (2.) point and flex your foot 10 times in the direction of the green arrow and then lower your leg. Repeat 10-20 times with each leg.
- If you want to make it easier: Lie flat on your back with one knee bent and one leg straight. Raise the straightened leg off the floor.

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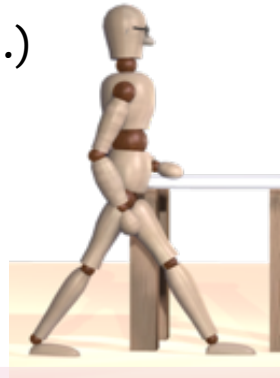
17

Thigh stretch and lunge

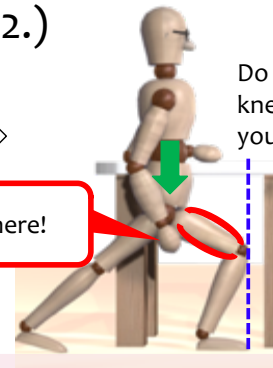
Intensive

10-20
times

(1.)



(2.)



Focus here!

Do not let your
knee go past
your toes.

Here's the point!

- Hold a table, chair, or handrail to keep you stable.
- (1.) put one foot in front of the other and stand tall.
- (2.) lower your body until the front leg forms about a right angle, with your thigh parallel to the floor. The heel of the back foot should not touch the floor. Ensure the front knee stays over the ankle and does not go past your toes. Be sure to lower straight down rather than forward.

If you have pain in your knees, please be careful not to make it worse.

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Walking



- Take a walk for 20 to 30 minutes on a sunny day.
- Keep yourself hydrated well before, during and after your walk.
- Walking speed should be from “just right” to “a little fast”.
- Wear comfortable shoes with stable heels.
- If you want to increase the strength of your legs, take bigger steps or march. Please be careful not to fall down.



Be careful



- Avoid walking in crowded places and care for physical distancing.
- You should wear a mask. However, walking with a mask during hot weather may cause heat stroke. You may remove the mask if you are at a sufficient distance from the people around you.
- Don't forget to wash your hands and gargle when you get home.
- If you have pain in your knees or lower back, or if you are worried about falling down, use a cane or pole to walk safely at your own pace.

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