

EXERCISE WORKBOOK



FEATURING
ASSESSMENT,
TAI CHI,
AND OTAGO
EXERCISES



GaitReady™

SAFETY INFO PAGE

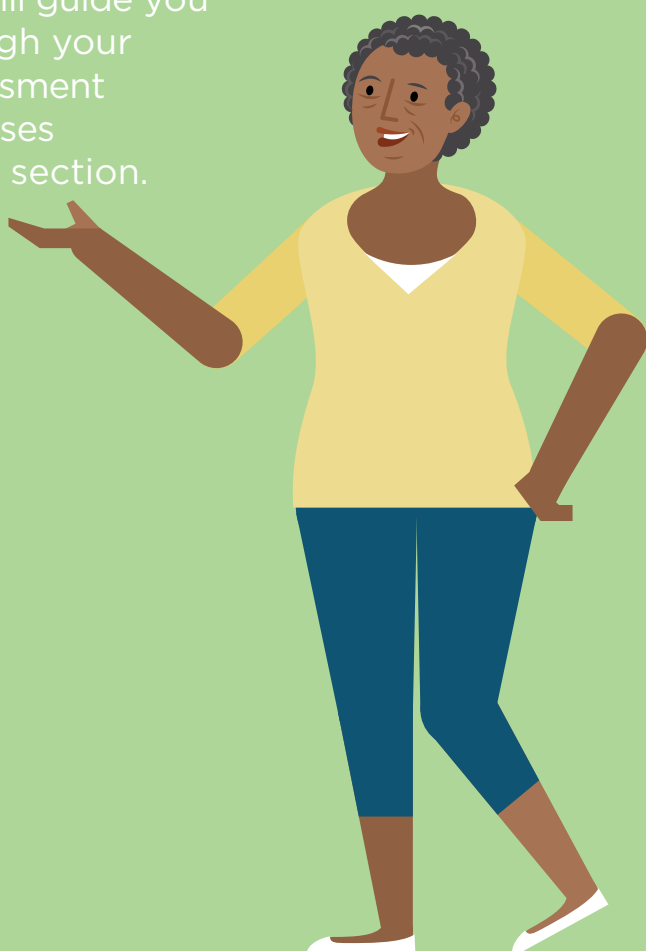
The balance test and exercise positions should not be painful. If you experience pain, dizziness, chest pain, or shortness of breath (for example, you are unable to speak because you are short of breath) while taking the test, stop the test or exercises and seek medical attention.

Perform all tests with a family member or friend with you. Do the tests wearing comfortable shoes. Do not perform the tests if you need an assistive device such as a cane or walker to help you stand or walk. If you do use an assistive device, contact your primary care doctor who might recommend that you do these tests under the supervision of a physical therapist.

SECTION 1

ASSESSMENT

This is Virginia;
she will guide you
through your
Assessment
exercises
in this section.



GETTING STARTED

You will need a few things:

- Smartphone
- Lechal shoe inserts
- Open room
- Chair

ASSESSMENT

TIMED UP AND GO

GETTING READY

You will need a chair, either with or without armrests and a cleared path in front of the chair. Wear comfortable shoes with your Lechal insoles and pods inserted.

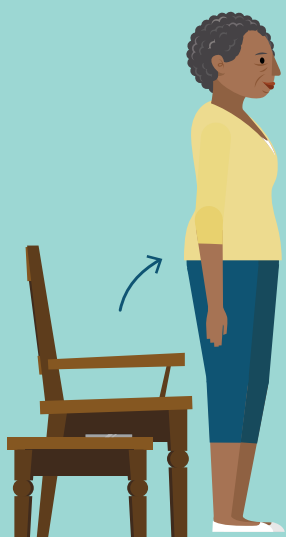
Ensure that the pods are charged and connected with this mobile app.

Press START on the App when you are ready. Place your phone next to the chair on a table. You will feel a vibration in your insoles in 5 seconds, then follow the steps below:



START
TEST

CHECK THAT
IT'S CLEAR

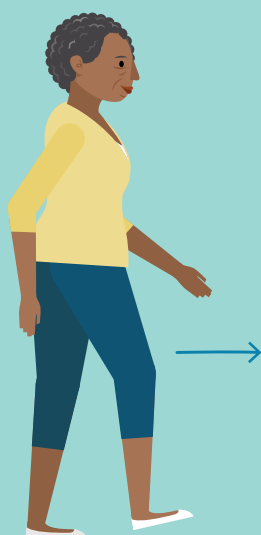


1. Stand up from the chair. You can push off with your hands if needed.

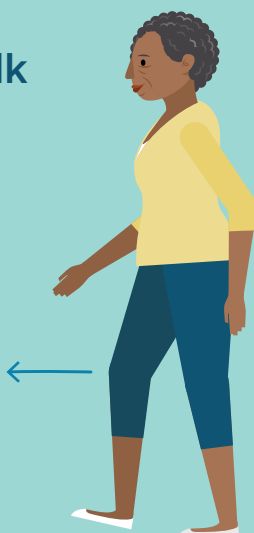
ASSESSMENT

TIMED UP AND GO

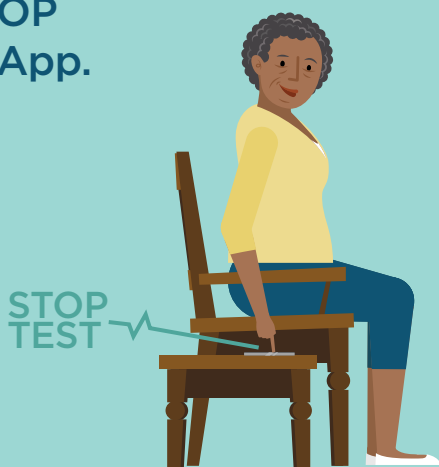
2. Walk in a straight line at a normal pace until you feel a vibration about 10 feet away from the chair.



3. After the vibration, turn around and walk at a normal pace back to the chair.



4. Sit back on the chair and press STOP TEST on the App.



ASSESSMENT

30-SECOND CHAIR STAND

GETTING READY

To perform the 30 second chair stand test you will need a chair without armrests. Place the chair against a wall so it won't slide backwards.

Wear comfortable shoes with your Lechal insoles and pods inserted. Ensure that the pods are charged and connected with this mobile app.

Press **START TEST** on the App when you are ready. Place your phone next to the chair on a table. You will feel a vibration in your insoles in 5 seconds, then follow the steps below:



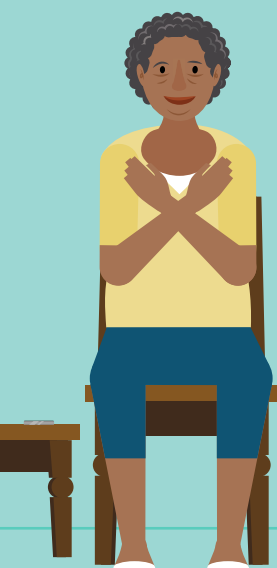
**START
TEST**

1. Sit in the chair with your feet flat on the floor.

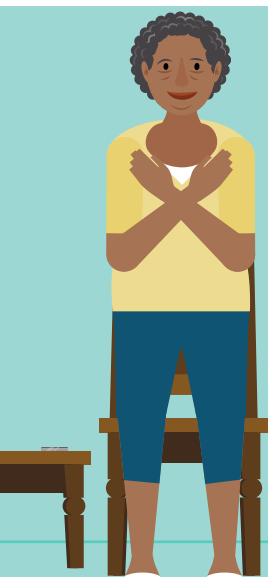


ASSESSMENT

30-SECOND CHAIR STAND



2. Place your hands on the opposite shoulder crossed at the wrists.



3. Keeping your back straight, rise to a full standing position. Then sit down again. Repeat the exercise for 30 seconds. You will feel a vibration in your insoles as a signal to STOP.



4. Sit back on the chair and press STOP TEST on the App.

SECTION 2

OTAGO

This is Manuel;
he will guide you
through your
OTAGO exercises
in this section.



GETTING STARTED

You will need a few things:

- Weights
- Table
- Chair
- Lechal Insoles
- Smartphone

OTAGO

HEAD MOVEMENTS

1. Start by looking straight ahead.



2. Turn your head slowly, as far as you can, to the right.



3. Turn your head slowly, as far as you can, to the left.



Repeat this 5 times to each side

OTAGO

NECK MOVEMENTS



1. Start by looking straight ahead.



2. Place one hand on your chin and guide your head straight back.



3. Bring your head back to the starting position.

Repeat this 5 times

OTAGO

BACK EXTENSION



1. Stand with your feet shoulder distance apart.



2. Place your hands on your lower back.

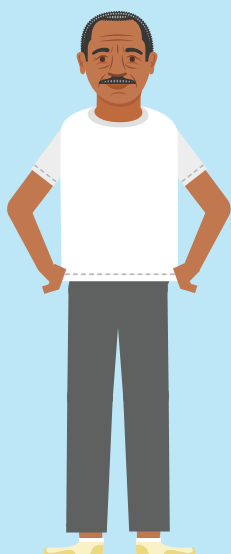


3. Gently arch your back, then return to the standing position.

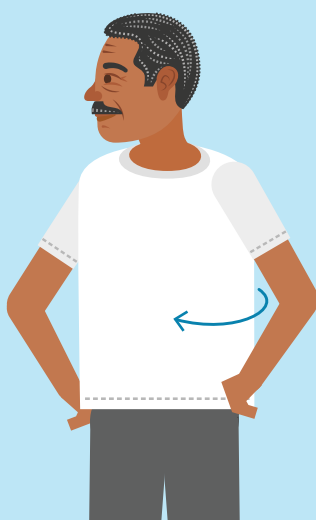
Repeat this 5 times

OTAGO

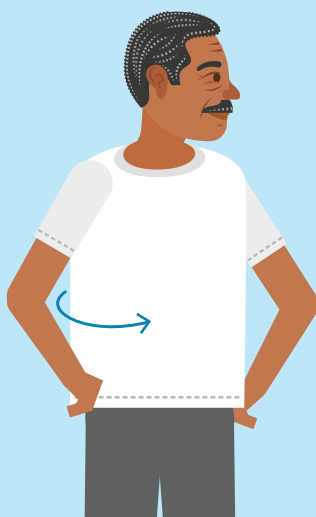
TRUNK MOVEMENTS



1. Place your hands on your hips.



2. Turn as far as you can to the right, comfortably, keeping your hips facing forward.



3. Turn as far as you can to the left, comfortably, keeping your hips facing forward.

Repeat this 5 times to each side

OTAGO

ANKLE MOVEMENTS



1. While sitting or standing, stretch your right leg out.



2. Pull your foot forward towards you.

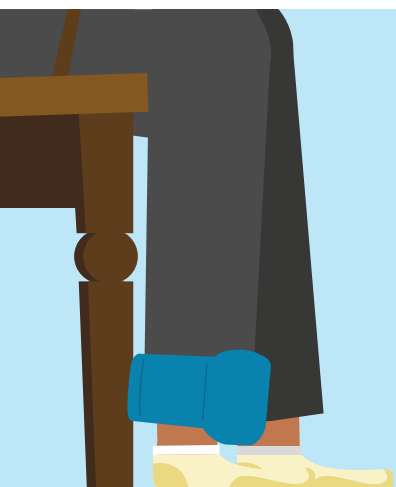


3. Point your foot down, away from you, then return to starting position.

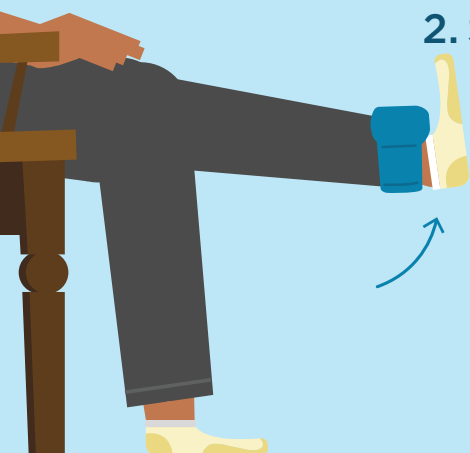
Repeat this 10 times for each foot.

OTAGO

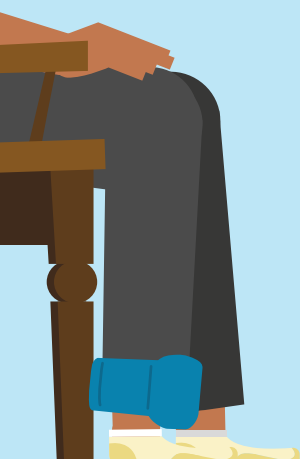
FRONT KNEE STRENGTHENING EXERCISES



1. Strap the weight onto your right ankle. Sit in a chair with your back well-supported.



2. Straighten your right leg out.



3. Lower your leg.

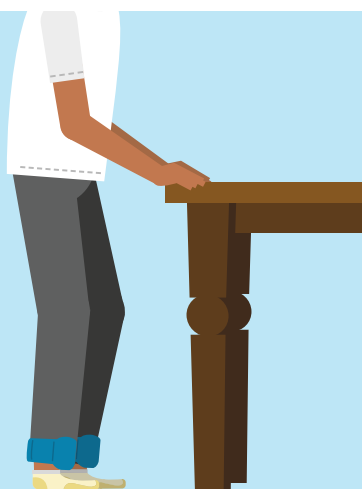
**Repeat this exercise
as instructed.**

**Strap weight onto left ankle and
repeat this exercise as instructed.**

OTAGO

BACK KNEE STRENGTHENING EXERCISES

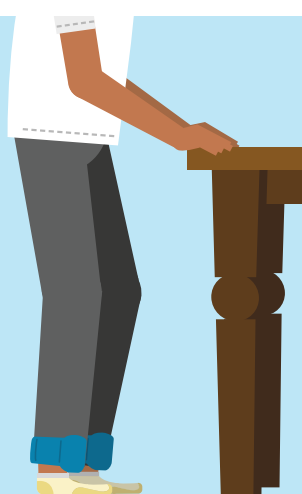
1. Strap the weight onto your right ankle. Stand facing a table with both hands on the table.



2. Bend your right knee, lifting your foot toward the back of your thigh.



3. Return your foot to the starting position.



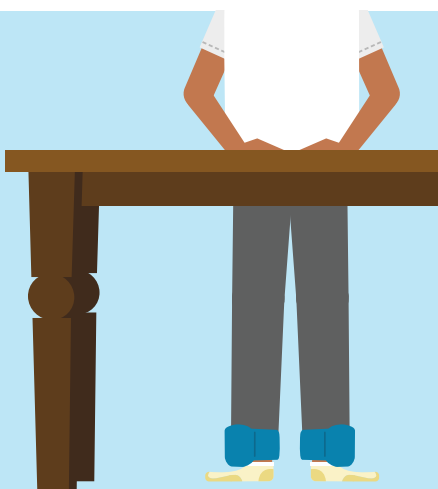
**Repeat this exercise
as instructed.**

**Strap weight onto left ankle and
repeat this exercise as instructed.**

OTAGO

SIDE HIP STRENGTHENING EXERCISES

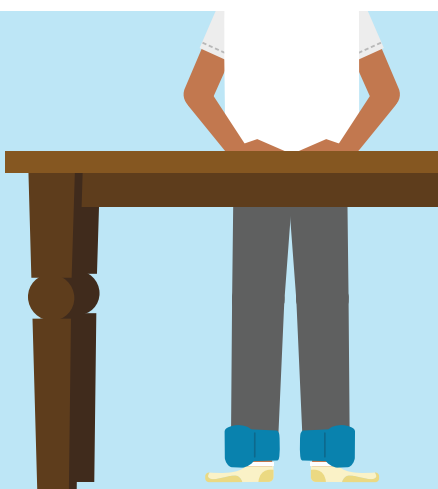
1. Strap the weight onto your right ankle. Stand beside a table and hold onto it.



2. Lift your right leg straight out to the side.



3. Return your foot to the starting position.



Repeat this exercise as instructed.

Strap weight onto left ankle and repeat this exercise as instructed.

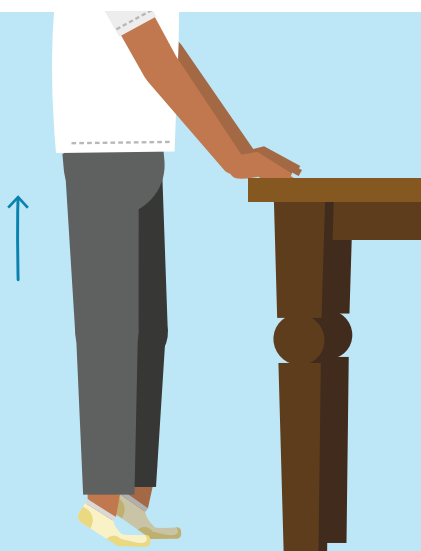
OTAGO

CALF RAISES – HOLD SUPPORT

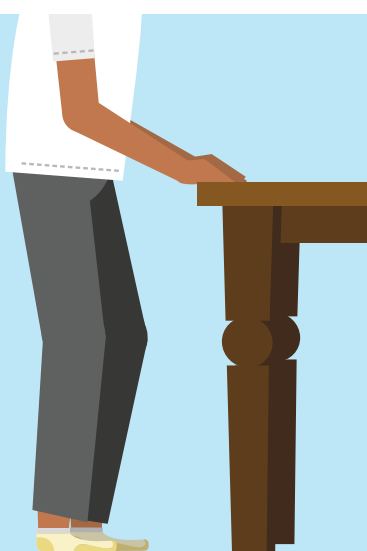
1. Stand facing a table with your feet shoulder distance apart, and hold onto the table while looking ahead.



2. Come up onto your toes.



3. Lower your heels to the ground.

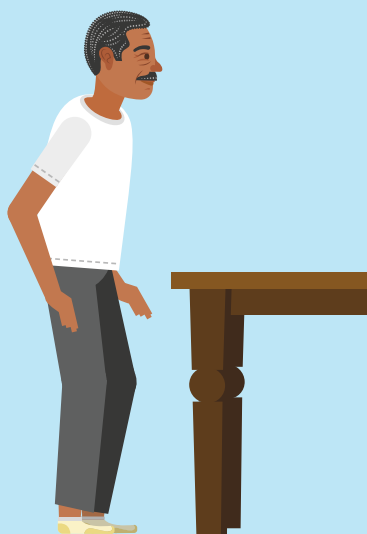


Repeat this exercise as instructed.

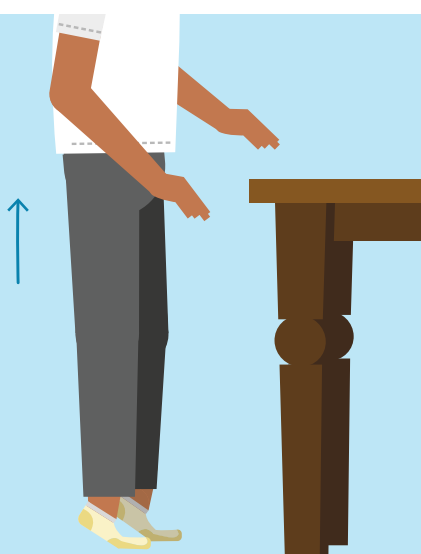
OTAGO

CALF RAISES – NO SUPPORT

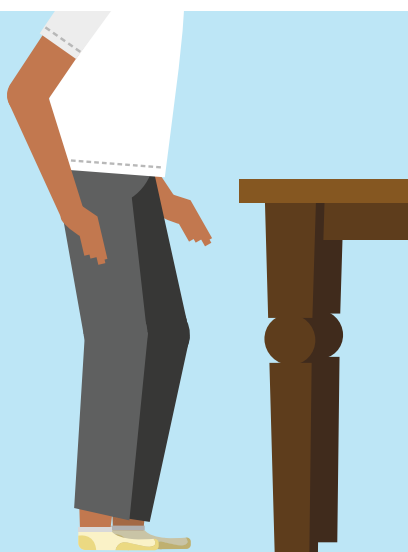
1. Stand near a table with your feet shoulder distance apart and look ahead.



2. Come up onto your toes.



3. Lower your heels to the ground.



Repeat this exercise as instructed.

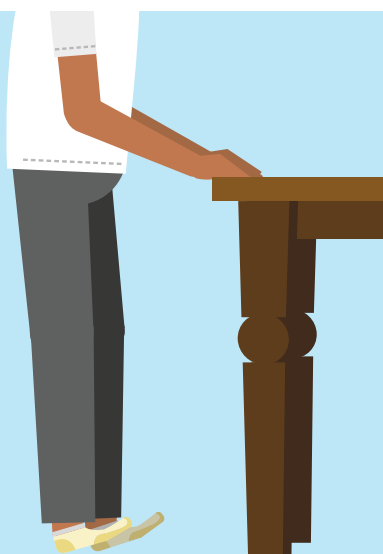
OTAGO

TOE RAISES – HOLD SUPPORT

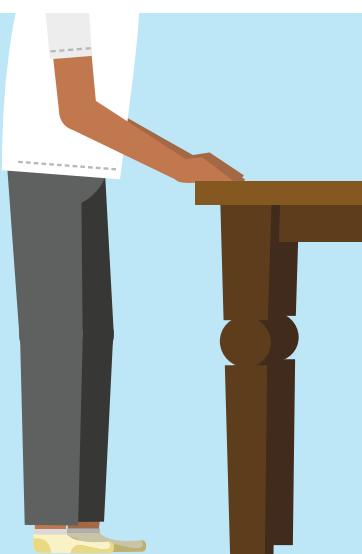
1. Stand facing a table with your feet shoulder distance apart, and hold onto the table while looking ahead.



2. Come back onto your heels, raising your front feet off the floor.



3. Lower your feet to the ground.



Repeat this exercise as instructed.

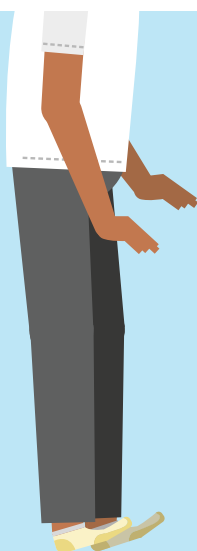
OTAGO

TOE RAISES – NO SUPPORT

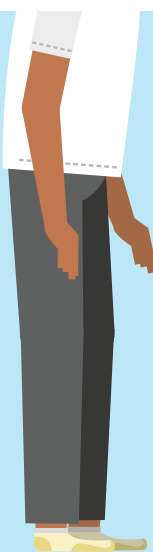
1. Stand near a table with your feet shoulder distance apart looking ahead.



2. Come back onto your heels, raising your front feet off the floor.



3. Lower your feet to the ground.



Repeat this exercise as instructed.

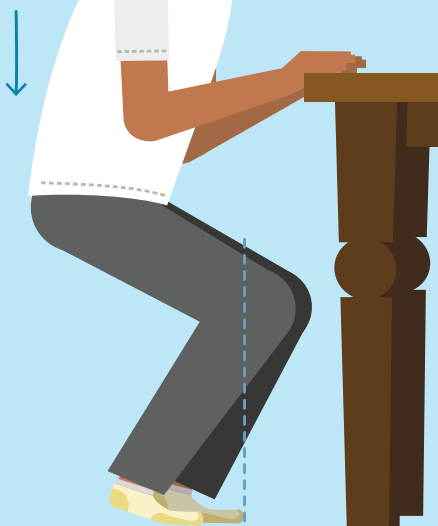
OTAGO

KNEE BENDS – HOLD SUPPORT

1. Stand facing a table with your feet shoulder distance apart with both hands on the table.



2. Squat down half way, bending your knees, so that the knees go over the toes.



3. When you feel your heels start to lift, straighten up.



Repeat this exercise as instructed.

OTAGO

KNEE BENDS – NO SUPPORT

1. Stand facing a table with your feet shoulder distance apart.



2. Squat down half way, bending your knees, so that the knees go over the toes.



3. When you feel your heels start to lift, straighten up.

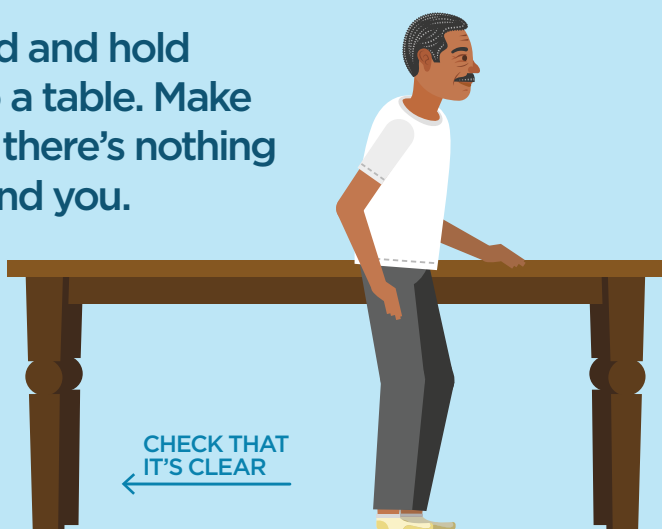


Repeat this exercise as instructed.

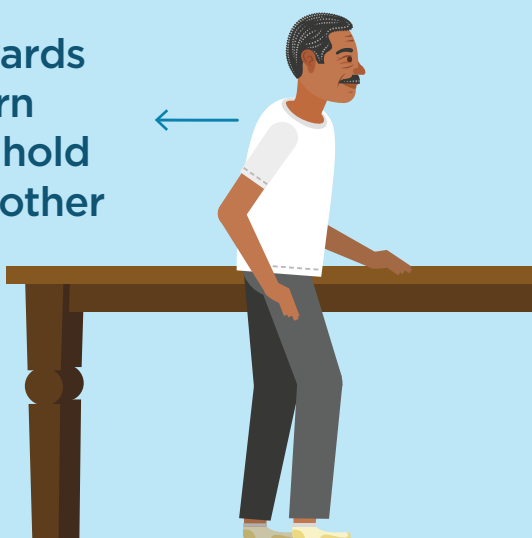
OTAGO

BACKWARDS WALKING – HOLD SUPPORT

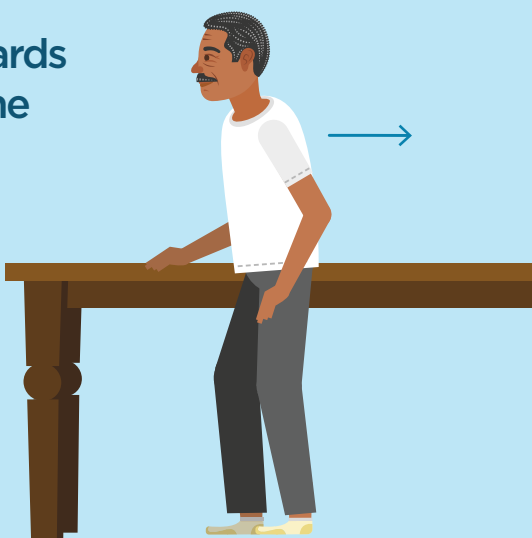
1. Stand and hold onto a table. Make sure there's nothing behind you.



2. Walk backwards 10 steps. Turn around and hold on with the other hand.



3. Walk backwards 10 steps to the beginning.

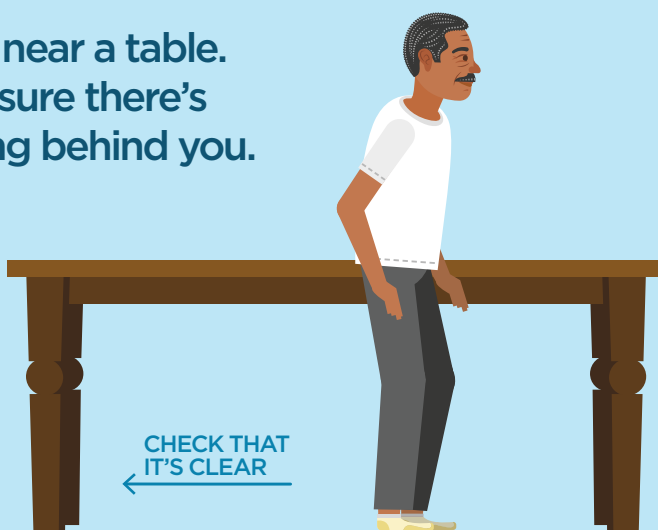


Repeat this exercise as instructed.

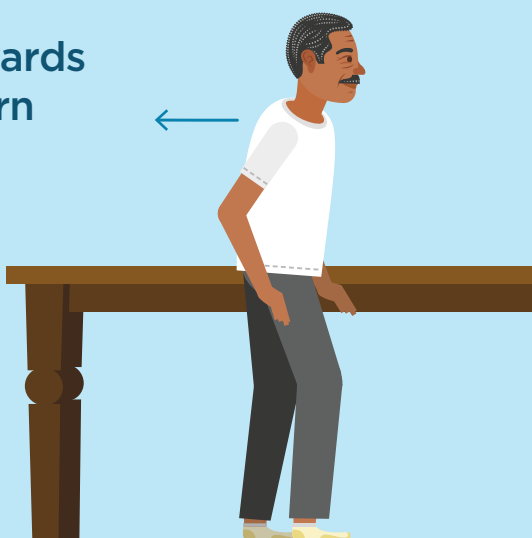
OTAGO

BACKWARDS WALKING – NO SUPPORT

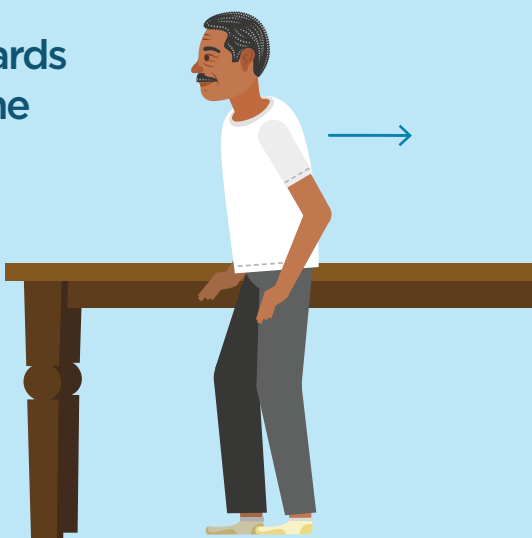
1. Stand near a table.
Make sure there's nothing behind you.



2. Walk backwards
10 steps. Turn
around.



3. Walk backwards
10 steps to the
beginning.

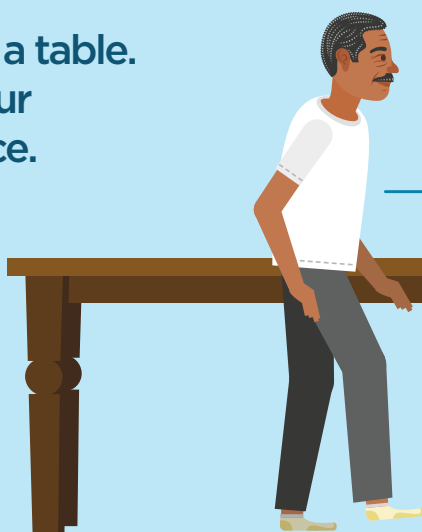


Repeat this exercise as instructed.

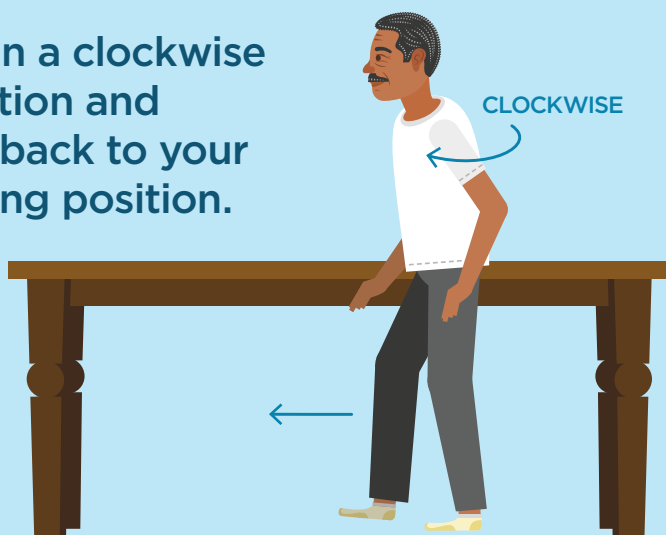
OTAGO

WALKING AND TURNING AROUND

1. Stand near a table.
Walk at your
regular pace.



2. Turn in a clockwise
direction and
walk back to your
starting position.



3. Then turn in a
counter-clockwise
direction, creating
a figure-eight
movement.

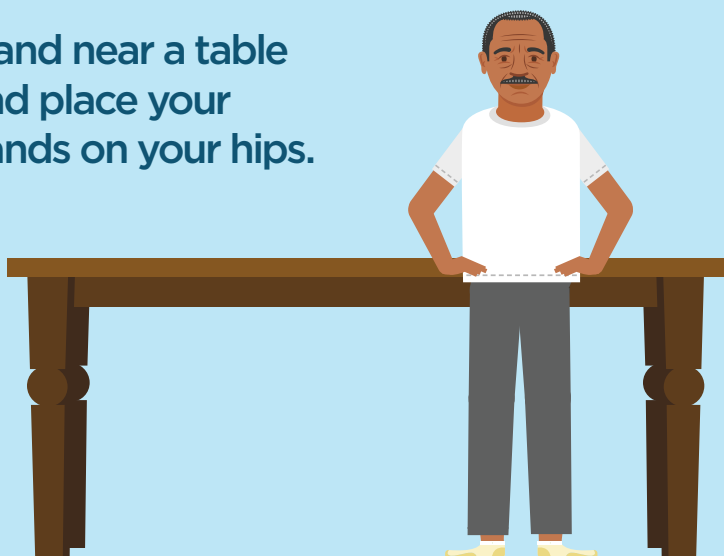


Repeat this exercise as instructed.

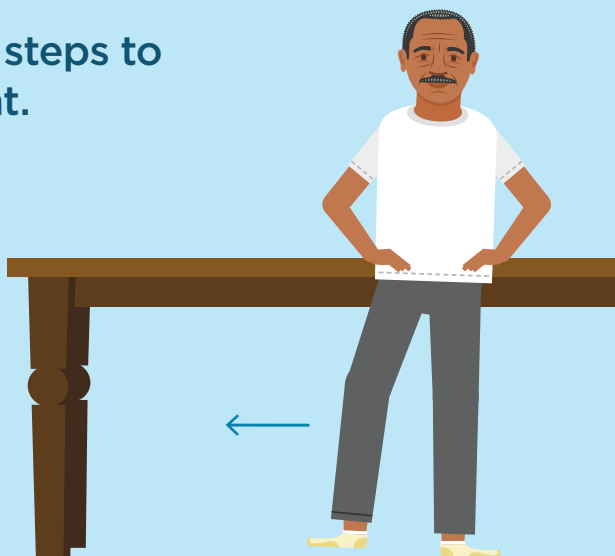
OTAGO

SIDEWAYS WALKING

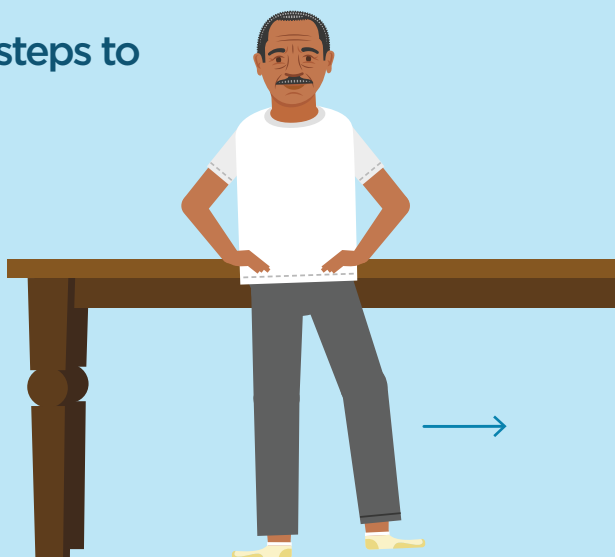
1. Stand near a table and place your hands on your hips.



2. Take 10 steps to the right.



3. Take 10 steps to the left.



Repeat as instructed.

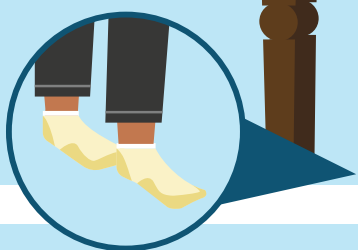
OTAGO

HEEL TOE STANDING - HOLD SUPPORT

1. Stand beside a table, and hold onto the table looking ahead.



2. Place one foot directly in front of the other so your feet form a straight line. Hold this position for 10 seconds.



3. Change position and place the foot behind directly in front of the other. Hold this position for 10 seconds.



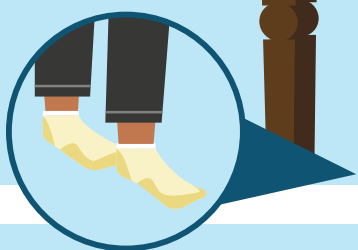
OTAGO

HEEL TOE STANDING - NO SUPPORT

1. Stand near a table and look ahead.



2. Place one foot directly in front of the other so your feet form a straight line. Hold this position for 10 seconds.



3. Change position and place the foot behind directly in front of the other. Hold this position for 10 seconds.



OTAGO

HEEL TOE WALKING – HOLD SUPPORT

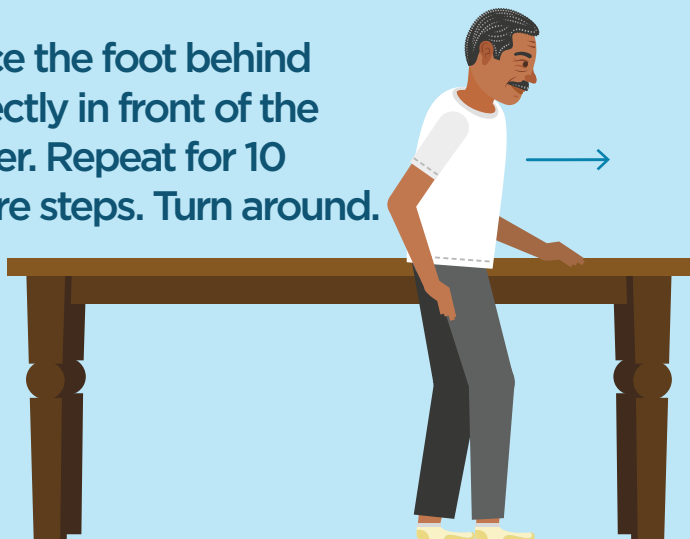
1. Stand beside a table, and hold onto the table looking ahead.



2. Place one foot directly in front of the other so your feet form a straight line.



3. Place the foot behind directly in front of the other. Repeat for 10 more steps. Turn around.



Repeat this exercise as instructed.

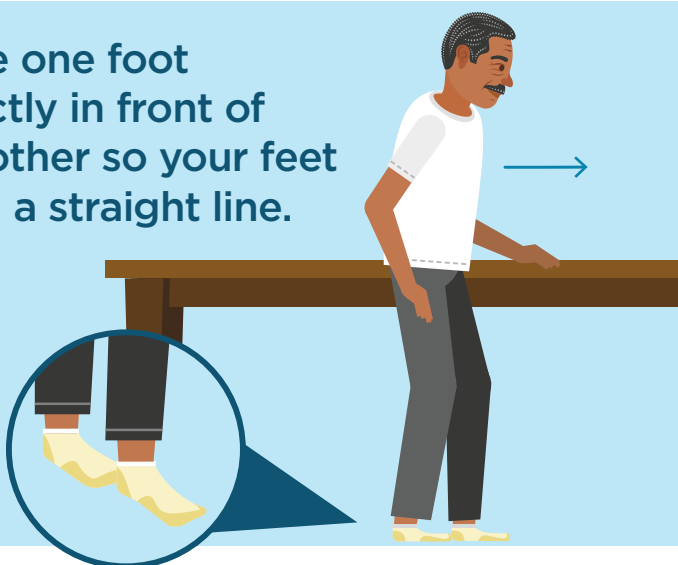
OTAGO

HEEL TOE WALKING – NO SUPPORT

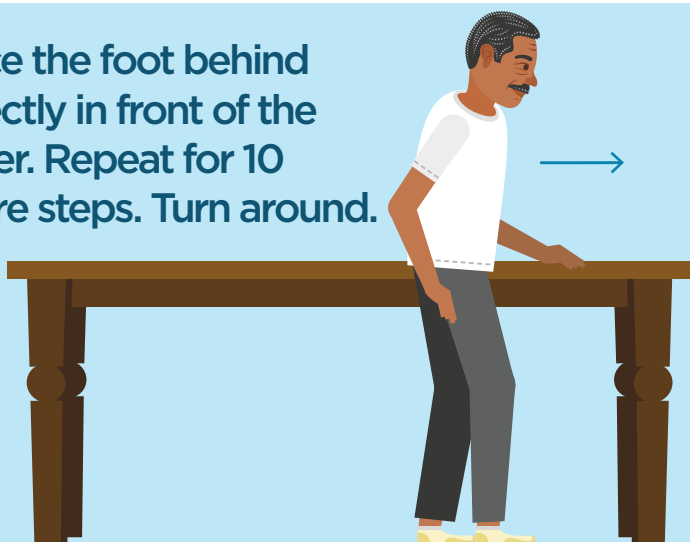
1. Stand near a table and look ahead.



2. Place one foot directly in front of the other so your feet form a straight line.



3. Place the foot behind directly in front of the other. Repeat for 10 more steps. Turn around.



Repeat this exercise as instructed.

OTAGO

ONE LEG STAND – HOLD SUPPORT

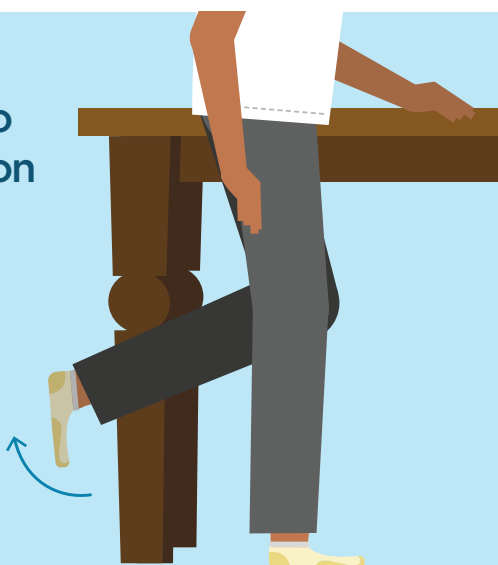
1. Stand beside a table, and hold onto the table looking ahead.



2. Stand on one leg. Try to hold this position for 10 seconds.



3. Stand on the other leg. Try to hold this position for 10 seconds.



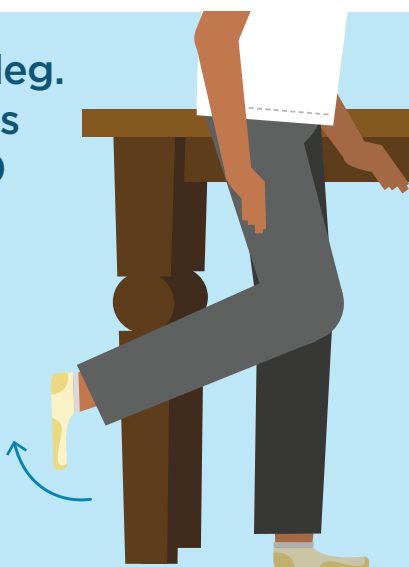
OTAGO

ONE LEG STAND – NO SUPPORT

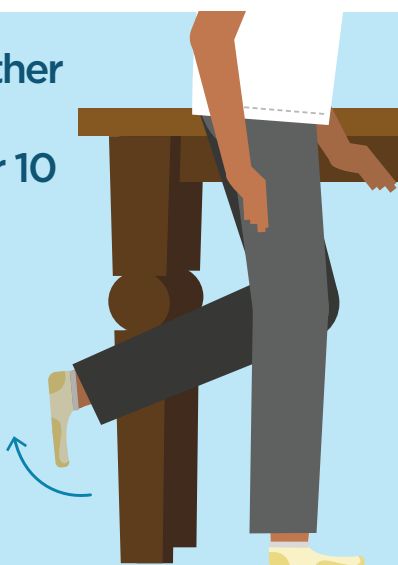
1. Stand near a table and look ahead.



2. Stand on one leg. Try to hold this position for 10 seconds.



3. Stand on the other leg. Try to hold this position for 10 seconds.



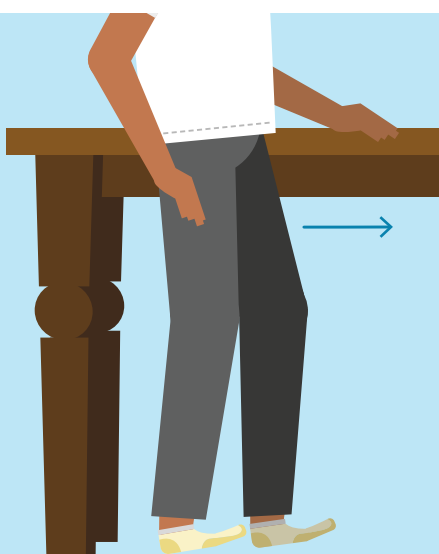
OTAGO

HEEL WALKING - HOLD SUPPORT

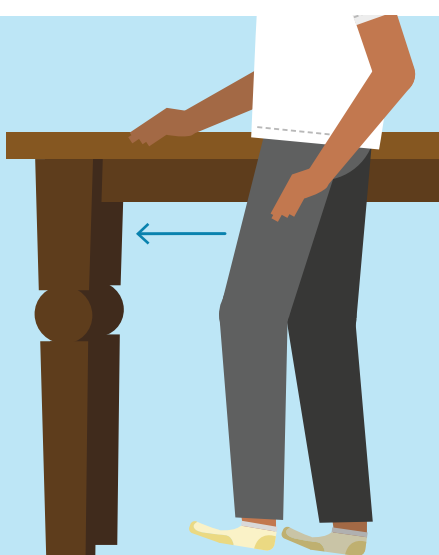
1. Stand beside a table; hold onto to the table looking ahead. Come back onto your heels, raising the front of your foot off the floor.



2. Walk 10 steps on your heels. Lower your feet to the ground and turn around.



3. Walk 10 steps on your heels.



Repeat as instructed.

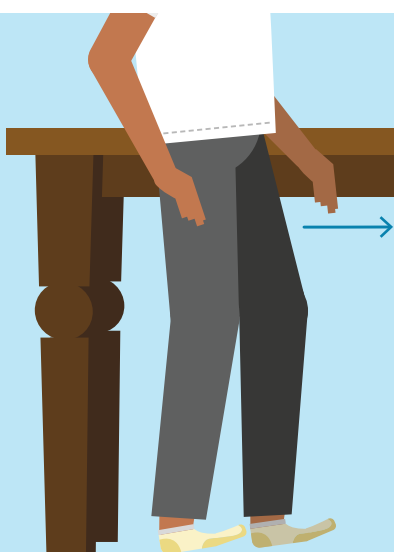
OTAGO

HEEL WALKING - NO SUPPORT

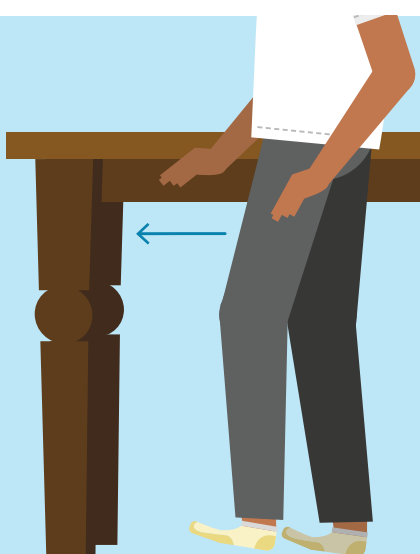
1. Stand near a table and look ahead. Come back onto your heels, raising the front of your foot off the floor.



2. Walk 10 steps on your heels. Lower your feet to the ground and turn around.



3. Walk 10 steps on your heels.



Repeat as instructed.

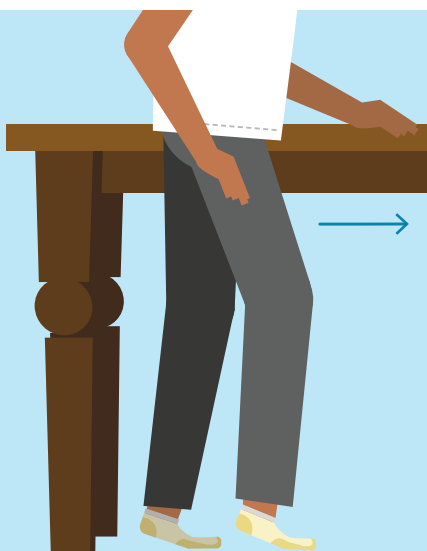
OTAGO

TOE WALKING - HOLD SUPPORT

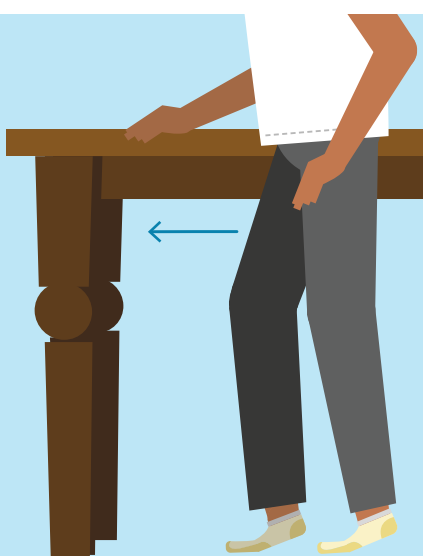
1. Stand beside a table; hold onto to the table looking ahead. Come up onto your toes.



2. Walk 10 steps on your toes. Lower your heels to the ground and turn around.



3. Walk 10 steps on your toes.

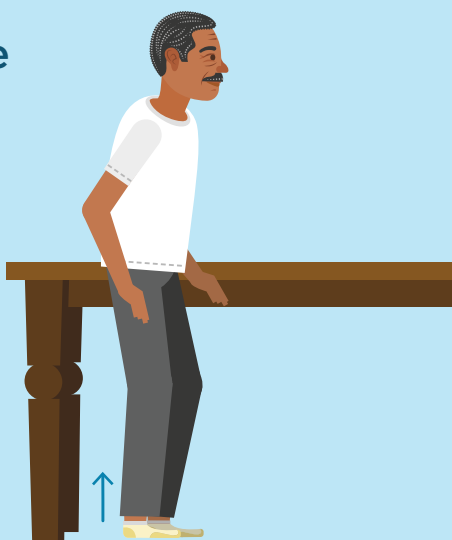


Repeat as instructed.

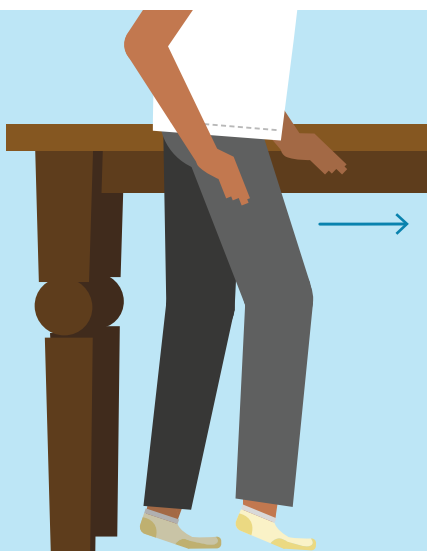
OTAGO

TOE WALKING - NO SUPPORT

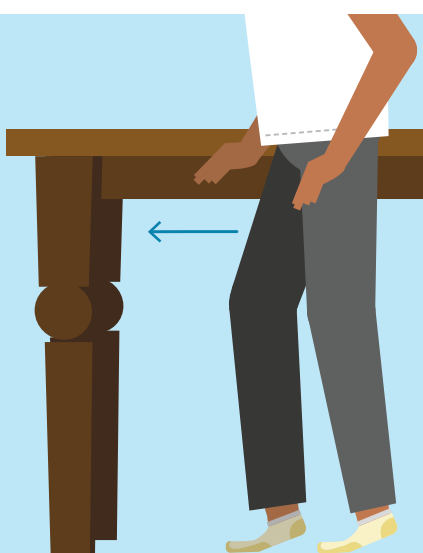
1. Stand near a table and look ahead. Come up onto your toes.



2. Walk 10 steps on your toes. Lower your heels to the ground and turn around.



3. Walk 10 steps on your toes. Repeat as instructed.



Repeat as instructed.

OTAGO

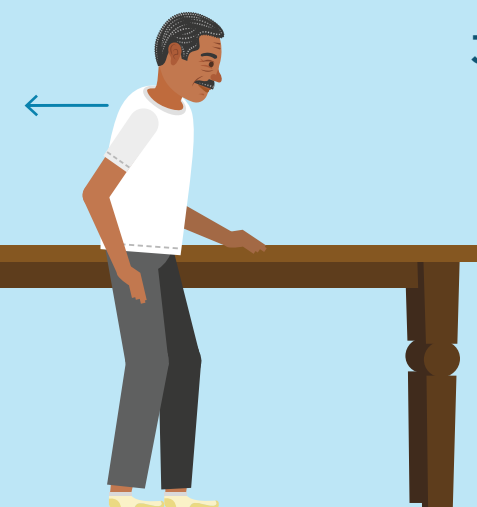
HEEL TOE WALKING BACKWARDS



1. Stand near a table and look ahead.



2. Place one foot directly behind the other foot.

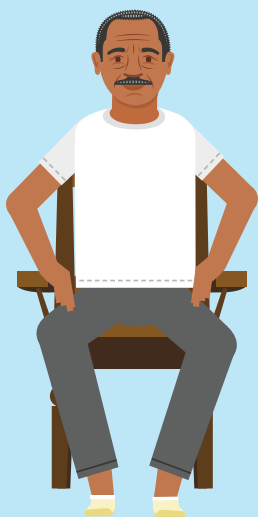


3. Place the foot in front directly behind. Repeat for 10 more steps. Turn around.

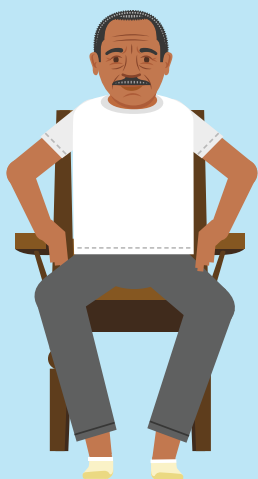
Now repeat the exercise once for 10 more steps.

OTAGO

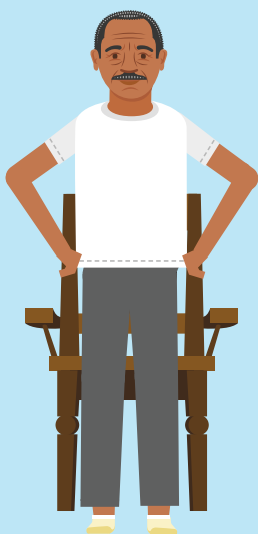
SIT TO STAND – TWO HANDS



1. Sit on a chair that is not too low. Place your feet behind your knees.



2. Lean forward over your knees.

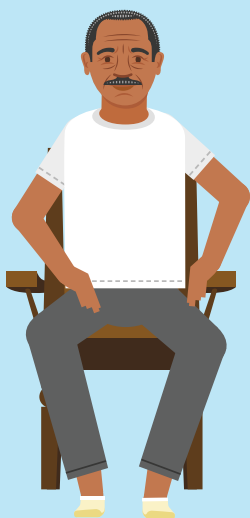


3. Push off with both hands to stand up.

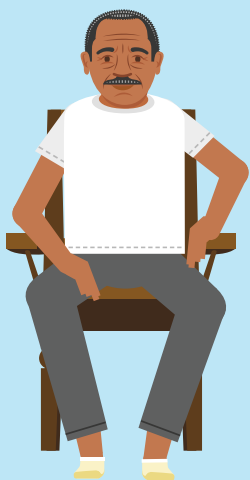
Repeat this exercise as instructed.

OTAGO

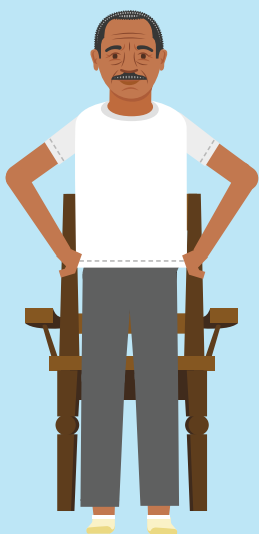
SIT TO STAND – ONE HAND



1. Sit on a chair that is not too low. Place your feet behind your knees.



2. Lean forward over your knees.

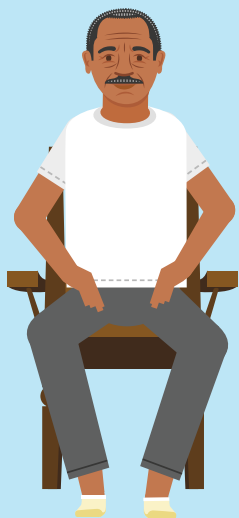


3. Use one hand to help you stand up.

Repeat this exercise as instructed.

OTAGO

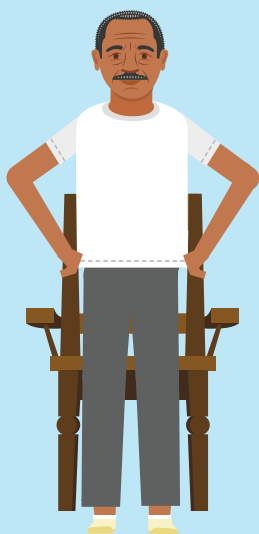
SIT TO STAND – NO HANDS



1. Sit on a chair that is not too low. Place your feet behind your knees.



2. Lean forward over your knees.



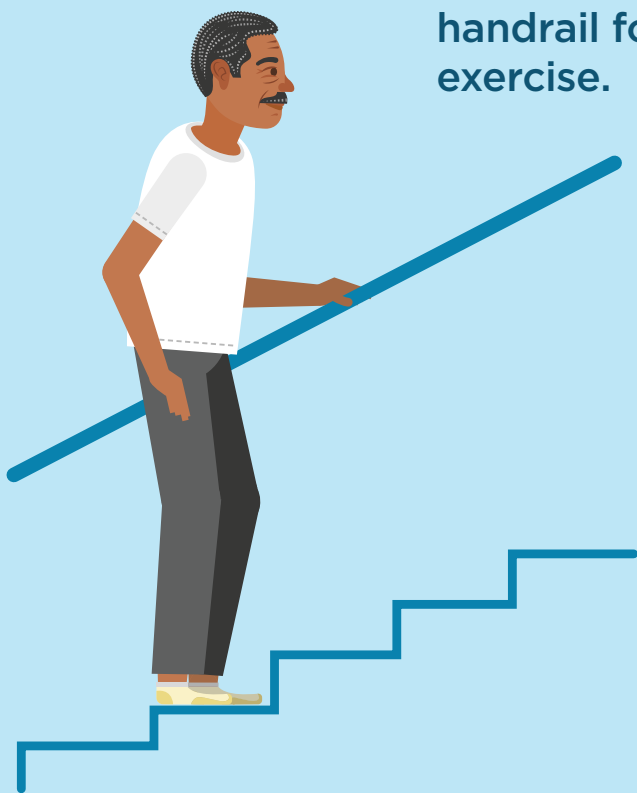
3. Stand up without raising your hands.

Repeat this exercise as instructed.

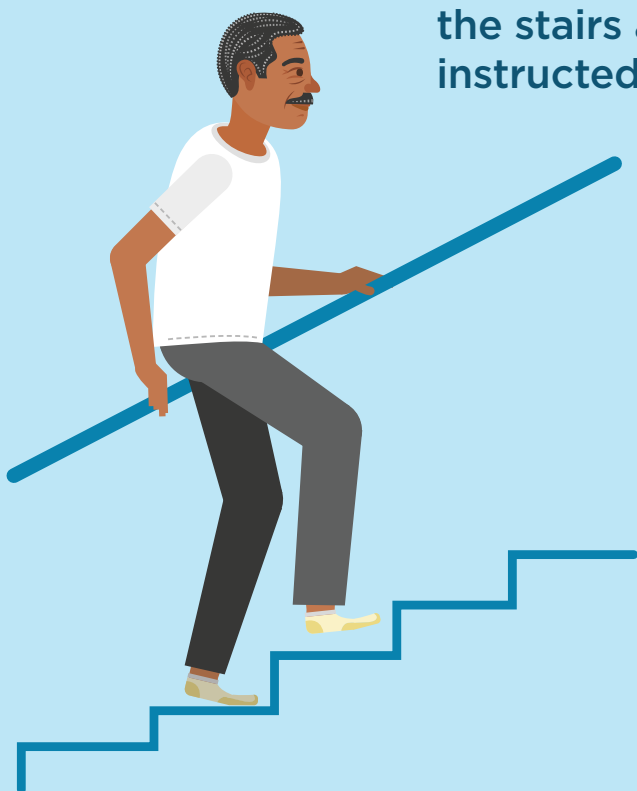
OTAGO

STAIR WALKING

1. Hold onto the handrail for this exercise.



2. Go up and down the stairs as instructed.



SECTION 3

TAI CHI

This is Susan;
she will guide you
through your
TAI CHI exercises
in this section.



GETTING STARTED

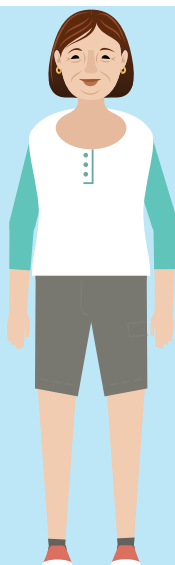
You will need a few things:

- Smartphone
- Open room
- Shoes

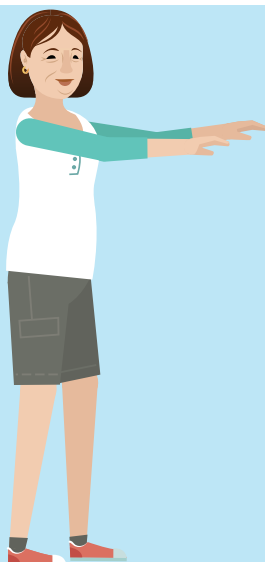
TAI CHI

OPENING FORM

1. Stand with your feet shoulder width apart.



2. Breathe in and raise your arms in front of you to shoulder height, palms facing down.



3. Breathe out and bend your knees slightly with your arms straight out in front.

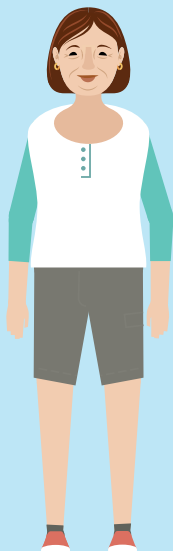


Return to standing position.

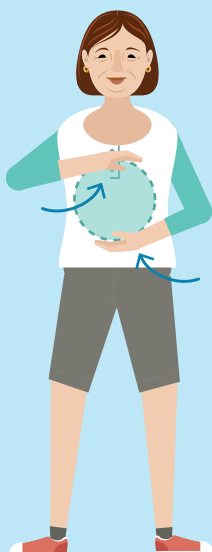
TAI CHI

HOLD THE BALL

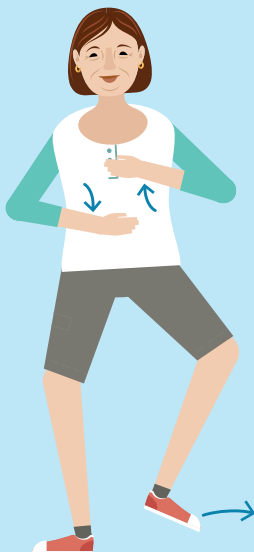
1. Stand with your feet shoulder width apart.



2. Place your arms like you are holding a beach ball. Bring the right arm on top palm down in front of your collar bone. Bring the left hand palm up in front of your belly button.



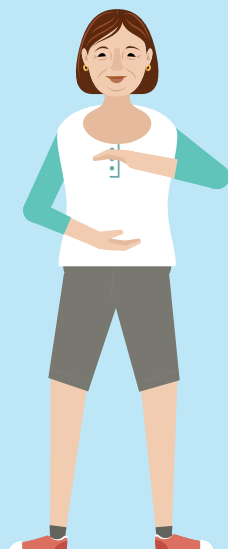
3. Now lift your left leg and take a step to the left, while rotating your arms...



TAI CHI

HOLD THE BALL

4. so you are holding the ball with your left hand on top.



5. Raise your right leg and step to the right back to your starting position...



6. again rotating the ball so your right hand is on top.



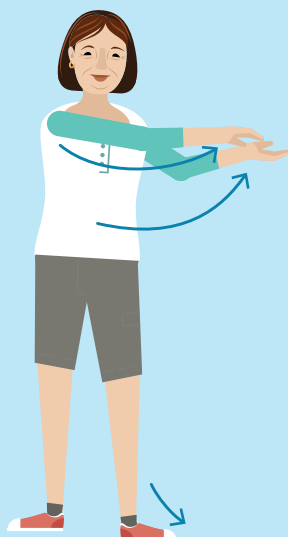
TAI CHI

PART THE WILD HORSE'S MANE

1. Start in holding the ball position.



2. Step forward with left foot with both hands outstretched shoulder height, right hand on top of left.



3. Draw the right hand down across your body turning your body to the right, as though parting the horse's mane.



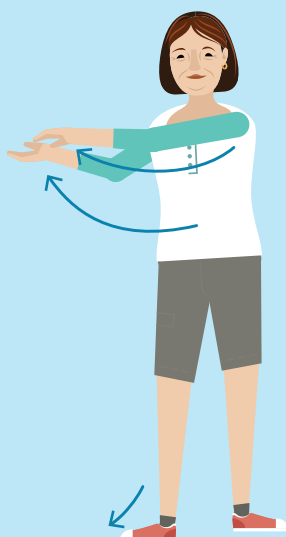
TAI CHI

PART THE WILD HORSE'S MANE

4. Step forward with your right foot, and return to holding the ball pose with your left hand on top.



5. Step forward with right foot, outstretch your arms with left hand on top.



6. Draw the left hand down across your body turning your body to the left, again as though parting the horse's mane.



Return to Holding the Ball position.

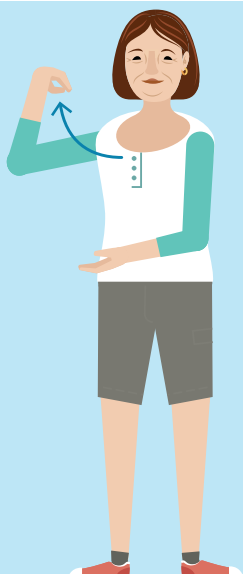
TAI CHI

SINGLE WHIP

1. Start in holding the ball position.



2. Bring your right hand up to your right shoulder and bend your wrist and hand down, so that your hand looks like a bird's beak.



3. Step to the left with your left foot, and slightly bend your left knee.

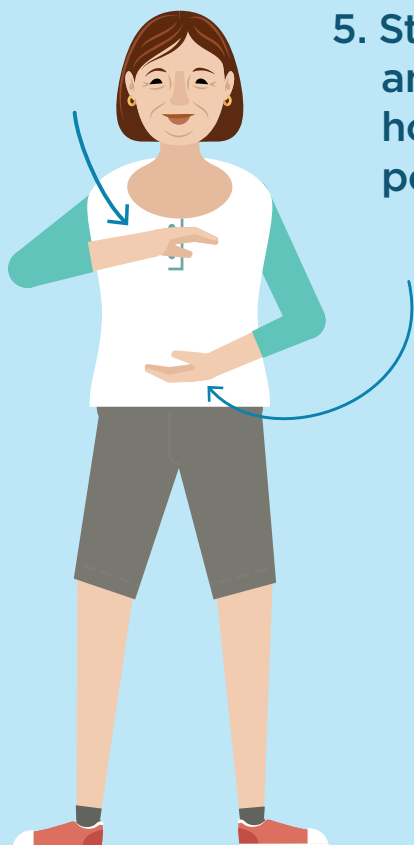


TAI CHI

SINGLE WHIP



4. Reach your left arm out over your foot.



5. Step back to center and return to the holding the ball position.

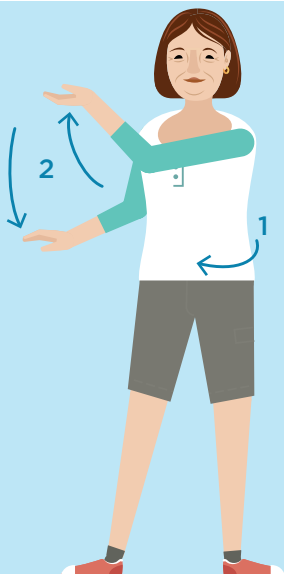
TAI CHI

WAVE HANDS LIKE CLOUDS

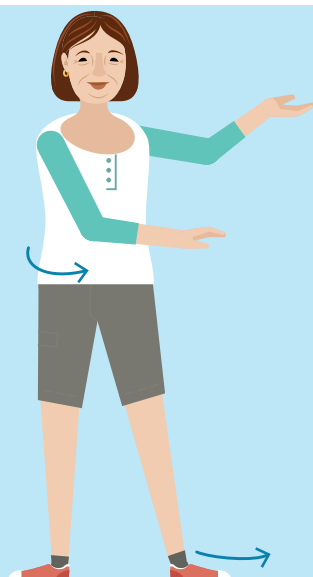
1. Begin in holding the ball position with the right hand on top, palm down.



2. Twist at the waist to the right, and when fully twisted rotate your hands so your left hand is on top palm up and your right hand is below palm down.



3. Now step to the left while twisting your body to the left.



TAI CHI

WAVE HANDS LIKE CLOUDS

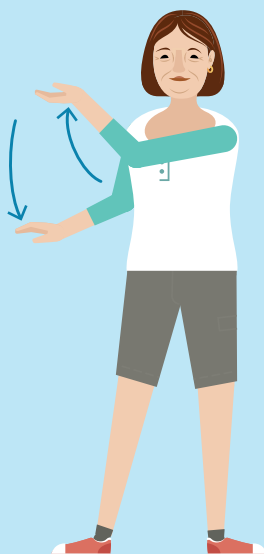
4. When fully twisted to the left, switch hand positions again so that your right hand is on top palm down and your left hand is below palm up.



5. Now twist to the right and step your right foot to join your left foot.



6. Repeat these twists to take a total of 3 steps each with your left and right feet.



Return to Holding the Ball position.

TAI CHI

REPULSE MONKEY

1. Start in holding the ball position.



2. Step your left foot backwards with the toe pointing out slightly, left knee bent and the right leg is straight.



3. Swing the left hand up and reach back, as though you were repelling a monkey off your back.



TAI CHI

REPULSE MONKEY

4. Step your right foot back to join your left foot, and return to the holding the ball position, with your left hand on top.



5. Repeat the same movement on the right side.



6. Return to the holding the ball position.



TAI CHI

BRUSH KNEES

1. Start in the holding the ball position, right hand on top.



2. Step your left foot forward, slightly bending your left knee.



3. Bring your left hand down to brush your knee, then extend your right arm forward across your body facing to the left, with your hand extended in a blocking motion.



TAI CHI

BRUSH KNEES

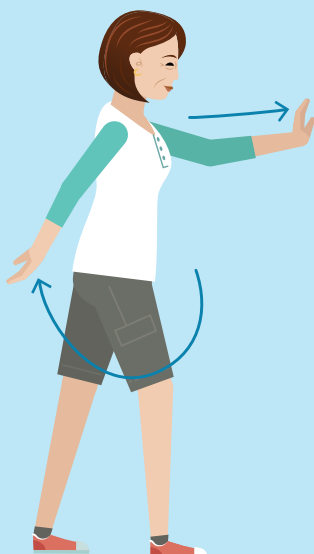
4. Now step your right foot towards your left foot and return to the holding the ball position, left hand on top.



5. Step your right foot forward, slightly bending your right knee.



6. Bring your right hand down to brush your knee, then extend your left arm forward across your body facing to the right.



Return to Holding the Ball position.

TAI CHI

FAIR LADY WORKS AT SHUTTLES

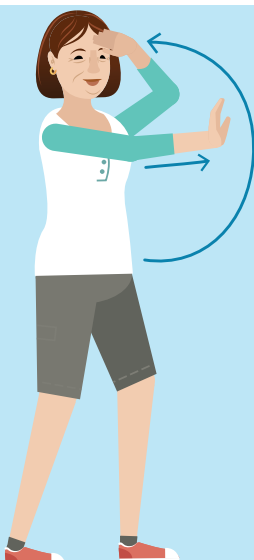
1. Start in holding the ball position.



2. Step forward on your left foot with your left knee slightly bent.



3. Bring the back of your left hand up to block your eyes while thrusting your right arm forward across to the left with the palm facing forward.



TAI CHI

FAIR LADY WORKS AT SHUTTLES

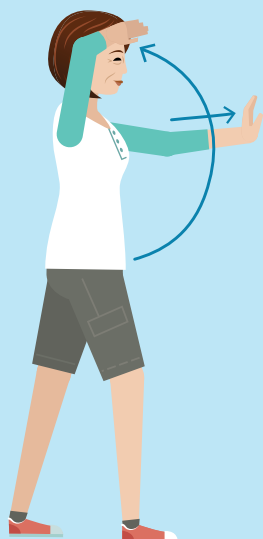
4. Bring the right foot up to join the left foot and return to the holding the ball position with your left hand on top.



5. Now step your right foot forward with your right knee slightly bent.



6. Bring the back of your right hand up to block your eyes while thrusting your left arm forward across to the right with the palm facing forward.



Return to Holding the Ball position.

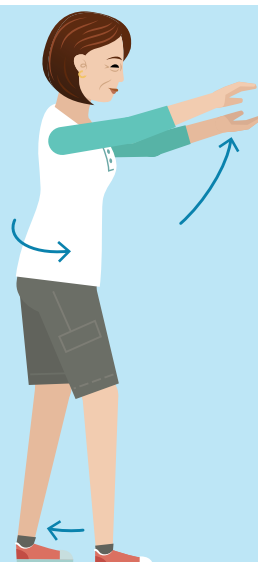
TAI CHI

GRASP THE PEACOCK'S TAIL

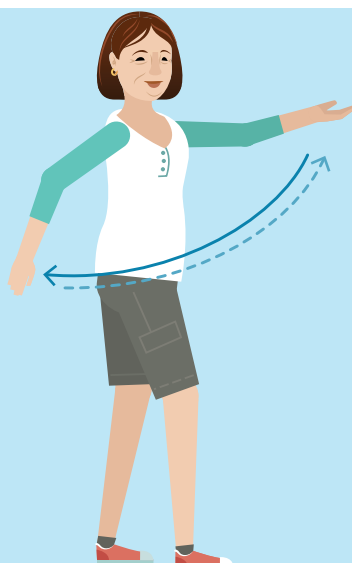
1. Start in holding the ball position.



2. Turn and step back slightly to the left. Twist your torso to the left and raise your arms together to the left, with your right palm down and your left palm up.



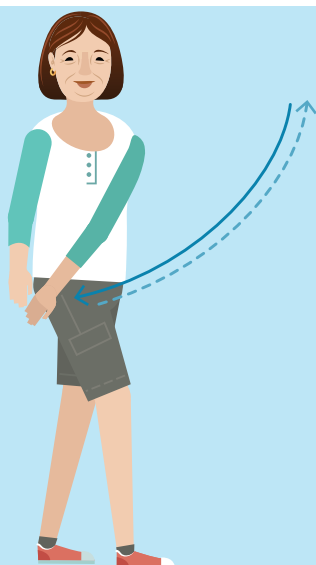
3. Draw your right hand across the body to the right, shifting your weight to your right leg. Then swing your right hand back to join the left hand, shifting your weight to your left leg.



TAI CHI

GRASP THE PEACOCK'S TAIL

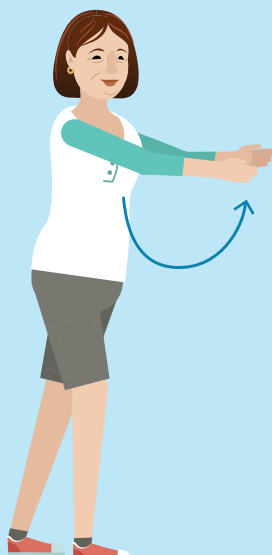
4. Swing both hands, palms together, down across the body to the right shifting your weight to the right. Swing the hands across the body up to the left, shifting your weight to the left.



5. Pull your hands to your chest shifting your weight to the right.



6. Then scoop the hands down palms together and up to the left, shifting your weight to the left.



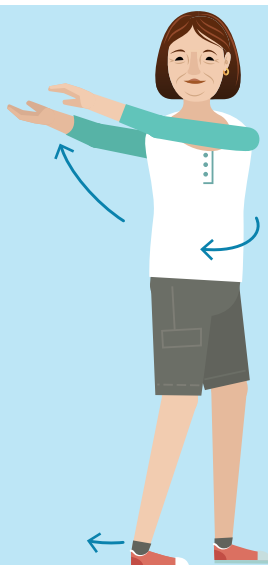
TAI CHI

GRASP THE PEACOCK'S TAIL

7. Bring your left foot back to join your right foot and return to the holding the ball position, with the left arm up.



8. Turn and step back slightly to the right. Twist your torso to the right and raise your arms together to the right, with your left palm down and your right palm up.



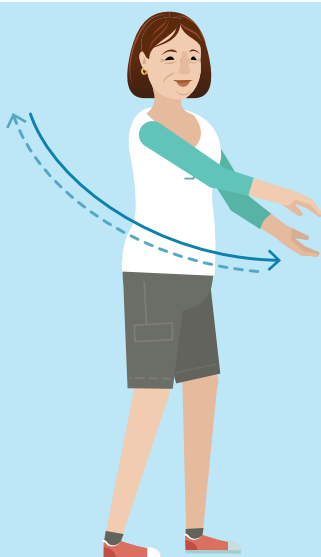
9. Draw your left hand across the body to the left, shifting your weight to your left leg. Then swing your left hand back to join the right hand, shifting your weight to your right leg.



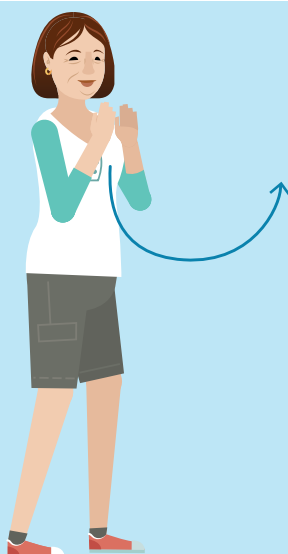
TAI CHI

GRASP THE PEACOCK'S TAIL

10. Swing both hands with palms together down across the body to the left shifting your weight to the left. Swing the hands back across the body up to the right, shifting your weight to the right.



11. Pull your hands to your chest shifting your weight to the left, then scoop the hands down palms together and up to the right, shifting your weight to the right.



12. Then bring your right foot back to join your left foot and return to the standing position, with your arms crossed across your chest.



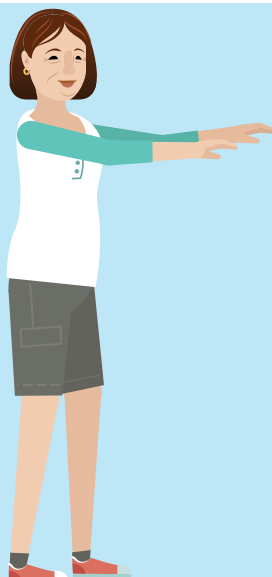
TAI CHI

CLOSING FORM

1. Start with your arms crossed across your chest.



2. Extend your arms straight out in front of you, palms down.



3. Then bring your arms down to your sides.



NOTES



GaitReady™