



**Tom Morgan Physio Solutions**

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**FREE PHYSIOTHERAPY RESOURCE**

## **Strength & Balance Exercise Prescription Chart**

A practical, physiotherapist-created printable resource.

### **Need more detailed guidance?**

The full Strength & Balance Guide is available for £24.99 with structured rehabilitation guidance and exercise progression.

**[VIEW THE FULL GUIDE - £24.99](#)**



# Strength & Balance Exercise Prescription Chart

Use this resource as general guidance rather than an individual rehabilitation prescription. Your own surgical, medical and physiotherapy advice takes priority.

## Lower-limb strength

- Sit-to-stand or squat variations.
- Step-ups.
- Heel raises.
- Knee-extension and hip-strengthening exercises.

## Static balance

- Feet together, semi-tandem or tandem standing.
- Single-leg standing where appropriate.
- Use stable support if needed.

## Dynamic balance

- Stepping in different directions.
- Marching and reaching.
- Turning, obstacle work and appropriate tandem walking.

## Functional power and general activity

- Controlled sit-to-stand and step-based work.
- Faster but controlled functional movements where appropriate.
- Regular walking or other suitable aerobic activity.

## Progression

- Progress when the current exercise is easy, technique remains good, you feel safe and you recover appropriately.
- Change only one or two variables at a time.

As a broad public-health benchmark, older adults should include muscle-strengthening work on at least two days per week and multicomponent activity emphasising balance and strength on three or more days per week. Individual needs vary.



**WANT THE COMPLETE RECOVERY RESOURCE?**

## Buy the full Strength & Balance Guide

This free resource gives you a quick reference. The full guide provides a more complete, structured rehabilitation pathway to return to as your recovery progresses.

- 50 progressive exercises
- Six ability levels
- Strength, balance, mobility and falls-prevention guidance

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