



“Put Some Spring In Your Step”

by Kim Hall, Registered Physiotherapist

After a long winter mostly indoors, do you find yourself moving slower? Are you shuffling? Do you walk with a very wide stance to stay balanced? Are you standing tall or hunched over when you walk?

With good stability, flexibility and correct alignment, your joints act like springs, propelling you forwards each time you take a step. There are several important exercises to practice 5 to 7 times per week to help “put some spring in your step”.

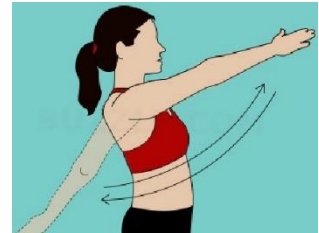
- 1) *Calf raises*: in sitting or standing, keep your toes on the floor and lift your heels. Hold 3 seconds, repeat 10 times. Ideally, you should be in bare feet or socked feet when you do this exercise.



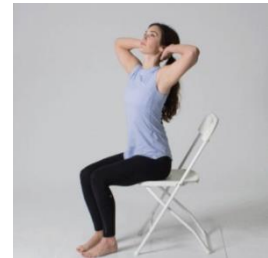
- 2) *Squats*: standing at a rail or holding a counter top, bend your knees and stick your rear out. Make sure to keep your knees above your toes (don't let your knees fall inwards) and keep your chest up. Repeat 5 to 10 times, 2 sets.



3) *Arm swings*: in sitting or standing, pump your arms in alternating directions. Repeat 10 to 20 times each side. Make sure to pull your arm back all the way so it reaches behind your body.



4) *Chest lifts*: in sitting or standing, put your hands behind your head. Lift your chest upwards and try to look up at the ceiling. Your hands will support the weight of your head. You should feel the muscles between your shoulder blades working.



Keep in mind none of these exercises should cause pain. You may feel some discomfort, tension or muscle fatigue, but no pain. An appointment with a physiotherapist or other body movement expert to help make sure you are doing the exercises correctly is recommended. With regular activity, you can increase your walking speed and confidence. Get outside to enjoy the sunshine and put some spring in your step!

Physio2U therapists travel to Columbus Resident to provide comprehensive one-on-one physiotherapy services. They are dedicated to empowering lives and can help conditions such as arthritis, hip fractures, joint replacements, post stroke and much more. To book an appointment or learn more about how to stay active and safe this spring, call Physio2U in-home physiotherapy services at

778-846-7695 or visit www.Physio2U.ca