Kitchen Table Exercise Program
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This manual was produced by members of the “Kitchen Table Exercise Program” research project team. Members of this research team are Dr Terry Haines, Mrs Sheree Erwin, Dr Sandra Brauer, Dr Trevor Russell, Dr Jan Jasiewicz, Dr Steve Urry, Mr Peter Condie, Mr Paul Lane. This research is supported by a grant from the Queensland Health Allied Health Advisory Unit Community Rehabilitation Scheme. Sections of this manual may only be reproduced with the expressed permission of Dr Haines. All rights reserved. Printed in Brisbane, Australia, January, 2007.
Introduction

Welcome to the “Kitchen Table Exercise Program” manual. Please take the time to read these pages thoroughly and watch the companion instructional DVD or video provided.

EXERCISES

The Kitchen Table Exercise Program is designed to be a self-directed exercise program. The program consists of six levels and each level contains six exercises. The exercises are specifically designed by physiotherapists to address the components of balance and strength. Two resources are available to help you complete the Kitchen Table Exercise Program.

1. This manual:
Contains instructions for completing the Kitchen Table Exercise Program Levels 1-6 and adverse event and exercise logs for recording your progress.

2. The DVD / video:
Consists of two main sections:
(1) The physiotherapist demonstration of Levels 1-6,
(2) The complete exercise program Levels 1-6.
RESEARCH

This research project consists of two groups. You are in the exercise group. In this research project we want to find out if this exercise program improves your health, strength, balance and physical abilities.

How we monitor your progress

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<th>Month</th>
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<tr>
<td>0</td>
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<td>6</td>
<td>Final Telephone contact</td>
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<td>Complete exercises as much as possible on your own.</td>
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PRECAUTIONS

The Kitchen Table Exercise Program is designed to increase your health, strength, balance and physical abilities. It is not designed to provoke discomfort, pain or injury. If you are experiencing any of these, STOP and contact your initial assessor for advice on 3240 6700. If no one is able to answer the phone immediately, you can leave a phone message and project staff will return your call as soon as possible.

Thank you again for agreeing to be part of this program. Your participation will help us to determine whether this program will be able to help other people like yourself in the future.
KTEP
LEVEL 1
EXERCISES
EXERCISE 1

START:
Sit on chair with armrests

ACTION:
Stand up at normal speed
Sit down very slowly
Use armrests for standing up and sitting down

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 2

START:
Sit on a chair with feet flat on ground

ACTION:
1. Slowly lift toes up and down together
2. Slowly lift heels up and down together
3. Slowly lift toes up on one foot and heel up on the other foot at the same time
Repeat with the opposite heel and toe action

HOW MANY?
Repeat all 3 actions 5 to 10 times as able
**EXERCISE 3**

**START:**
Stand with feet apart and hands on table

**ACTION:**
Slowly move your weight across onto one leg
Bend that leg gently for 5 seconds
Move your weight to opposite leg and repeat

**HOW MANY?**
Repeat 5 to 10 times as able

---

**EXERCISE 4**

**START:**
Stand with hands on table:
1. With feet apart
2. With feet together
3. With one foot one step ahead
4. With the other foot one step ahead

**ACTION:**
5. Slowly look up and down
6. Slowly look side to side

**HOW MANY?**
Repeat both actions 3 to 5 times as able, in each of the 4 foot positions
EXERCISE 5

START:

Stand with:

- Knees bent
- Feet apart & turned out
- Hands on table

ACTION: VERY SLOWLY:

1. Move weight from side to side
2. Turn your trunk to face the left and right

HOW MANY?
Repeat both actions 3 to 5 times as able

EXERCISE 6

START:

Stand with feet together, hands on table
Pretend you are standing on a clock face

ACTION:

1. Step right foot to:
   - 12, 3, 6 & return foot to middle after each step
2. Step left foot to:
   - 6, 9, 12 & return foot to middle after each step

HOW MANY?
Repeat this circuit 3 to 5 times as able
KTEP
LEVEL 2
EXERCISES
EXERCISE 1

START:
Sit on a chair with armrests

ACTION:
Stand up at normal speed
Sit down very slowly
Use armrests for standing up only

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 2

START:
Stand with feet apart and hands on table

ACTION:
1. Slowly lift toes up and down together
2. Slowly lift heels up and down together
3. Slowly lift toes up on one foot and heel up on the other foot at the same time. Repeat with the opposite heel and toes action

HOW MANY?
Repeat all 3 actions 5 to 10 times as able
EXERCISE 3

START:
Stand with feet apart fingertips on table

ACTION:
Slowly move your weight across onto one leg
Bend that leg gently for 5 seconds
Move your weight to opposite leg and repeat

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 4

START:
Stand with fingertips on table:
1. With feet apart
2. With feet together
3. With one foot one step ahead
4. With the other foot one step ahead

ACTION:
5. Slowly look up and down
6. Slowly look side to side

HOW MANY?
Repeat both actions 3 to 5 times as able, in each of the 4 foot positions
EXERCISE 5

START:
Stand with:
• Knees bent
• Feet apart & turned out
• Hands in air above table

ACTION: VERY SLOWLY:
1. Move weight from side to side
2. Turn your trunk to face the left and right.

HOW MANY?
Repeat both actions 3 to 5 times as able

EXERCISE 6

START:
• Stand with feet together
• Finger tips on table
Pretend you are standing on a clock face

ACTION: QUICKLY
1. Step right foot to:
   12, 3, 6 & return foot to middle after each step
2. Step left foot to:
   6, 9, 12 & return foot to middle after each step

HOW MANY?
Repeat this circuit 3 to 5 times as able
KTEP
LEVEL 3
EXERCISES
EXERCISE 1

START:
Sit on chair with armrests

ACTION:
Do not use yours hands
Stand up at normal speed
Sit down slowly

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 2

START:
Stand with feet apart
finger tips on table

ACTION:
1. Slowly lift toes up and down together
2. Slowly lift heels up and down together
3. Slowly lift toes up on one foot and heel up on the other foot at the same time
Repeat with the opposite heel and toes action

HOW MANY?
Repeat all 3 actions 5 to 10 times as able
EXERCISE 3

START:
Stand with feet apart, finger tips on table

ACTION:
Slowly move your weight across onto one leg
Bend that leg gently as you Slide your other foot in/out 5 times
Move your weight to opposite leg and repeat

HOW MANY?
Repeat 3 to 5 times as able

EXERCISE 4

START:
Stand with hands in air above table:
1. With feet apart
2. With feet together
3. With one foot one step ahead
4. With the other foot one step ahead

ACTION:
5. Slowly look up and down.

HOW MANY?
Repeat both actions 3 to 5 times as able, in each of the 4 foot positions
EXERCISE 5

START:
Stand with:
- Knees bent
- Feet apart & turned out

ACTION: VERY SLOWLY:
1. Reach to the left side and to the right side
2. Turn your trunk to face the left and reach forwards
   Repeat to right

HOW MANY?
Repeat both actions 3 to 5 times as able

EXERCISE 6

START:
Stand with feet together finger tips on table
Pretend you are standing on a clock face

ACTION:
QUICKLY:
Step your left or right foot to 3/6/9/12 o’clock in any order
Take your foot back to middle each time

HOW MANY?
Repeat 3 to 5 times as able on each side
KTEP
LEVEL 4
EXERCISES
EXERCISE 1

START:
Standing in front of a chair with arm rests

ACTION: Do not use hands
- Start to sit down very slowly, BUT stop at halfway point
- Stand up again at normal speed
- Go lower each time

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 2

START:
Stand with feet apart and hands in air above table

ACTION:
1. Slowly lift toes up and down together
2. Slowly lift heels up and down together
1. Slowly lift toes up on one foot and heel up on the other foot at the same time
   Repeat with the opposite heel and toes action
3. HOW MANY?
   Repeat all 3 actions 5 to 10 times as able
**EXERCISE 3**

**START:**
- Stand with feet apart
- Finger tips on table

**ACTION:**
- Move weight across onto one leg
- Bend that leg gently as you slide other foot:
  1. Forwards
  2. To front corner
  3. To side
  4. To back corner
  5. Backwards
- Repeat on other leg

**HOW MANY?**
Repeat 3 to 5 times as able

---

**EXERCISE 4**

**START:**
Stand with hands in air above table:
- 1. With feet apart
- 2. With feet together
- 3. With one foot one step ahead
- 4. With the other foot one step ahead

**ACTION:** With your eyes closed:
- 5. Slowly look up and down
- 6. Slowly look side to side

**HOW MANY?**
Repeat both actions 3 to 5 times as able, in each of the 4 foot positions
EXERCISE 5

START:
- Knees bent
- Feet apart & turned out

ACTION: VERY SLOWLY:
1. Reach to the left side and to the right side
2. Turn your trunk to face the left and reach forwards
   Repeat to right

HOW MANY?
Repeat both actions 5 to 10 times as able. Hold for 3 to 5 seconds at full reach

EXERCISE 6

START:
- Stand with feet together
- Hands in air above table
  Pretend you are standing on a clock face

ACTION: Quickly and in any order:
1. Step right foot to:
   - 12, 1, 2, 3, 4, 5, 6 & return foot to middle after each step
2. Step left foot to:
   - 6, 7, 8, 9, 10, 11, 12 & return foot to middle after each step

HOW MANY?
Step on each number 3 to 5 times as able
KTEP
LEVEL 5
EXERCISES
EXERCISE 1

START:
Sit on chair with armrests
Place one foot in front of the other

ACTION:
Do not use your hands
Stand up at normal speed
Sit down very slowly

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 2

START:
Stand on one leg with hands on table

ACTION:
1. Slowly lift toes up and down
2. Slowly lift heels up and down

HOW MANY?
Repeat both actions 5 to 10 times as able
**EXERCISE 3**

**START:**
Stand with feet together, hands on table

**ACTION:** Slowly:
1. Lift one straight leg out to the side and hold. Repeat on both legs
2. Lift one straight leg backwards and hold. Repeat on both legs

**HOW MANY?**
Repeat 3 to 5 times as able on each side
Hold for 5 seconds

---

**EXERCISE 4**

**START:**
Place two folded towels four layers thick under your feet. Position feet:
1. With one foot one step ahead
2. With the other foot one step ahead
3. With one foot directly in front of the other.
4. With second foot directly in front of other.

**ACTION:** Eyes closed:
5. Slowly look up and down
6. Slowly look side to side

**HOW MANY?**
Repeat both actions 3 to 5 times as able, in each of the 4 foot positions
EXERCISE 5

START:
Stand with:
• Knees bent
• Feet apart

ACTION: Step and VERY SLOWLY:

1. Reach high like you are placing an object on the shelf. Repeat to both sides
2. Reach low like you are patting a small dog
Repeat to both sides

HOW MANY?
Repeat both actions 3 to 5 times as able

EXERCISE 6

START:
Place two towels in a cross formation next to table
Stand in front left square

ACTION:

1. Step to the front right square
2. Step to the back right square
3. Step to the back left square
4. Return to the front left square

HOW MANY?
Repeat this circuit 3 to 5 times as able
KTEP
LEVEL 6
EXERCISES
EXERCISE 1

START:
Stand in front of chair with armrests
Place one foot in front of the other

ACTION: Do not use hands

- Start to sit down very slowly, BUT stop at half way point.
- Stand up again at normal speed
- Go lower each time

HOW MANY?
Repeat 5 to 10 times as able

EXERCISE 2

START:
Stand on one leg with finger tips on table

ACTION:
1. Slowly lift toes up and down
2. Slowly lift heels up and down

HOW MANY?
Repeat both actions 5 to 10 times as able
EXERCISE 3

START:
Stand with feet together, finger tips on table

ACTION: Quickly:
1. Lift one straight leg out to the side 3 TIMES. Small movements only. Repeat on both legs
2. Lift one straight leg backwards 3 TIMES. Small movements only. Repeat on both legs

HOW MANY?
Repeat 3 to 5 times as able on each side

EXERCISE 4

START:
Place two folded towels eight layers thick under feet
1. Stand with one foot one step ahead
   Repeat with other foot forward
2. Stand with one foot directly in front of other
   Repeat with other foot forward

ACTION: Eyes closed:
3. Slowly look up and down
4. Slowly look side to side

HOW MANY?
Repeat both actions 3 to 5 times as able, in each of the 4 foot positions
EXERCISE 5

START:
Stand with:
• Knees bent
• Feet apart

ACTION: Step and **VERY SLOWLY:**
1. Reach high like you are placing an object on the shelf. Repeat to both sides
2. Reach low like you are patting a small dog
   Repeat to both sides

HOW MANY?
Repeat both actions 3 to 5 times as able. Hold at full reach for 3 to 5 seconds

---

EXERCISE 6

START:
Place two towels in a cross formation next to table.

Stand in front left square

ACTION:
At **maximum** pace:
1. Step to the front right square
2. Step to the back right square
3. Step to the back left square
4. Return to the front left square

HOW MANY?
Repeat this circuit 3 to 5 times as able
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<th>Date</th>
<th>Did this happen while participating in your exercise program?</th>
<th>Impact on exercise program</th>
<th>Medical attention from general practitioner or hospital</th>
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<td>E.g. 24/02/07</td>
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