Locomotion Training / fall prevention — Exercises at home

Inspired by Japan’s Locomotion Training; practise next to a sturdy support.



Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Supported single-leg stand

Stand next to a stable support and briefly lift one foot, ready to hold on at any time.

Starting amount: 3 × 10–20 s

02 Mini squat

Hold a stable support, shift the hips slightly back, bend the knees a little and return upright.

Starting amount: 6–10 ×

03 Sit to stand

Stand up slowly from a stable chair and sit down with control; use your hands if needed.

Starting amount: 6–10 ×

04 Supported heel raise

With a safe handhold, lift both heels slowly and lower them again.

Starting amount: 6–10 ×

05 Short walks

Start with a few minutes on level ground; gradually extend the duration if comfortable.

Starting amount: 5–10 min

Safety & when to stop

Always stand near stable support. Ask for supervision if you are at risk of falling.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.