

STABILITY, AGILITY + STRENGTH MAT

DESIGNED BY PHYSIOTHERAPISTS

Based upon evidence-based programs* run by trained Health Professionals world wide, SAS MAT helps to build your strength and confidence. It targets the muscles in the buttocks, thighs and lower legs to improve stability and minimize your chance of falling.

STAYING SAFE

Position the SAS MAT on the floor parallel to a table or bench you can hold for support. You may like to place a backwards facing chair on the opposite side of the mat as an additional support.

FIND YOUR SAS COLOUR - YOUR STARTING POINT

Balance improves when it is challenged.

SAS MAT will help you find your SAS COLOUR starting point: the point where you feel a little wobbly but not scared or unsafe.

Five colours on the MAT correspond with five levels of difficulty from Level 1 (green) with a wide stance to Level 5 (purple) the most challenging stance.

EXERCISE FREQUENCY

SAS MAT works best when you exercise daily to build stability, agility and strength. The goal is to complete three sets of each exercise daily, however, you should work towards this at your own pace. Health Professionals recommend you start with a comfortable number. For example, start with one set Monday, Wednesday and Friday, repeating each exercise three times. Then gradually increase frequency and repetitions, always guided by your therapist.

WARNING

Please talk to your doctor or therapist prior to starting new exercises. If you feel pain, severe shortness of breath, or dizziness during these exercises, please stop the exercises and contact your doctor. Please ensure you have someone to assist you and plan carefully where to put the SAS MAT. Slight soreness after exercise is normal but if you are concerned, speak to your therapist. If you experience joint pain, please contact your physiotherapist for guidance.

*Examples include: 'Otago Exercise Program', originating in NZ and 'Stepping On' in Australia.

BALANCED STANDING

LETS BEGIN!...FIND YOUR SAS COLOUR



STEP 1

Stand tall, hold your support and place one foot on the purple star foot.

STEP 2

Place your other foot on the colour foot where you feel wobbly but safe . This is how you find your SAS COLOUR* - your starting point. (see diagrams)

STEP 3

Then, standing tall and balanced, let go of the support for 30 seconds.

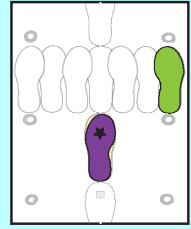
Repeat five times, then swap feet, and repeat.

Aim to do 3 sets of 5 for each leg.

**THE MORE YOU DO, THE MORE YOUR
BALANCE WILL IMPORVE**

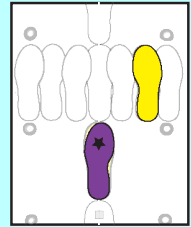
LEVEL 1

Green



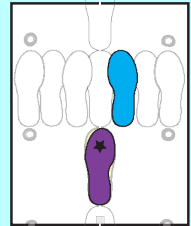
LEVEL 2

Yellow



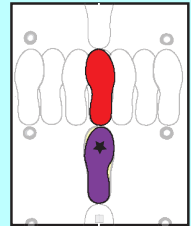
LEVEL 3

Blue



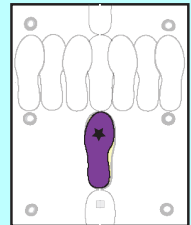
LEVEL 4

Red



LEVEL 5

Purple



BALANCED WALKING

WALK THE LINES

Note: This can be difficult so please adjust your level if you find it too hard



STEP 1

Stand tall at the beginning of the SAS MAT facing the purple star foot and holding your support.

STEP 2

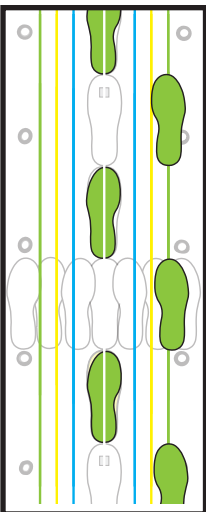
Using your SAS COLOUR* as a guide, walk with small heel to toe length steps with one foot on the white line and one on your SAS COLOUR Line trying not to use your support. If this is too easy, go up a level, if too hard, go down.

Progress this exercise further by also trying to walk backwards.

NOTE: ALWAYS ENSURE THAT YOUR HEEL STRIKES THE GROUND BEFORE YOUR TOES TO AVOID TRIPPING

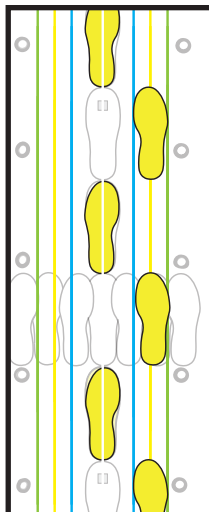
LEVEL 1

Green



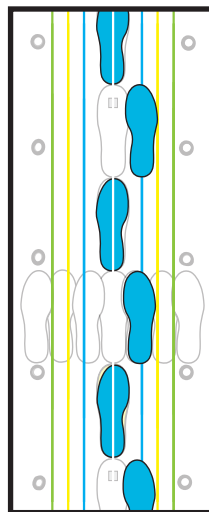
LEVEL 2

Yellow



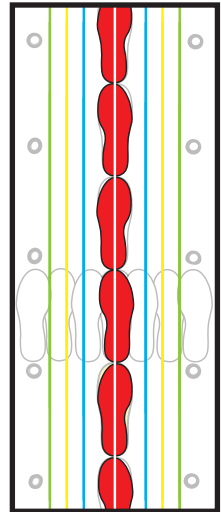
LEVEL 3

Blue

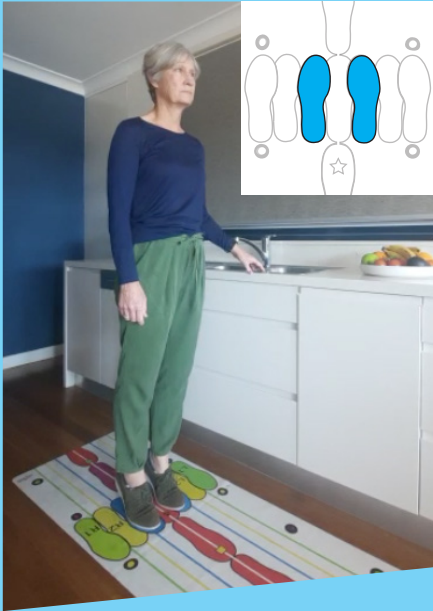


LEVEL 4

Red



HEEL RAISES



STEP 1

Stand tall on the blue feet holding your support.

STEP 2

Lift up onto your toes, hold for 3 seconds then slowly lower down.

STEP 3

Repeat 10 times. This is one set. Aim to do three sets.

THIS EXERCISE STRENGTHENS YOUR CALF MUSCLES WHICH HELP WITH WALKING. TRY IT WITHOUT USING YOUR SUPPORT TO IMPROVE YOUR BALANCE.

SQUATS



STEP 1

Stand tall on the yellow feet, holding your support.

STEP 2

Keep your back straight, look straight ahead and slowly squat down as far as you are comfortable then stand up again.

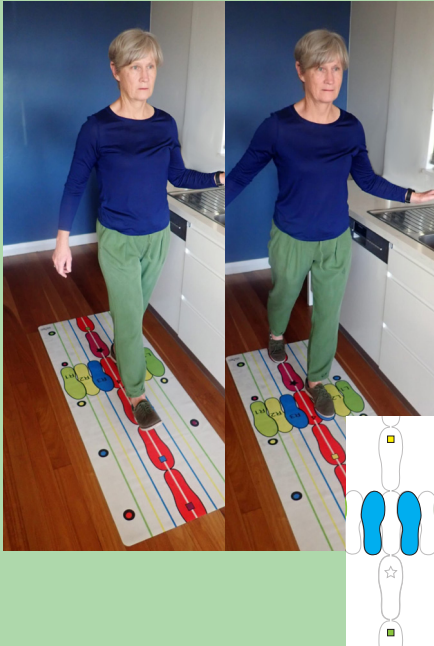
STEP 3

Repeat 5-10 times. This is one set. Aim to do 3 sets. Do not push into pain.*

THIS EXERCISE STRENGTHENS YOUR THIGHS AND BUTTOCKS WHICH HELPS YOU TO STAND UP FROM SITTING AND WALK UP AND DOWN STAIRS. TRY IT WITHOUT USING A SUPPORT TO IMPROVE YOUR BALANCE.

*See page 6 for alternative exercises if this hurts your knees.

NORTH SOUTH



STEP 1

Stand tall on the blue or yellow feet.
Hold onto a support.

STEP 2

Transfer your weight to the left foot and then step your right heel forward towards the yellow square.

STEP 3

Lift your right foot, move it backwards aiming the toes for the green square behind you. Stay upright looking ahead.

STEP 4

Repeat 5 times, swap feet and repeat.
That is one set. Aim to do 3 sets.

THIS EXERCISE IMPROVES YOUR WALKING INCREASING THE STRENGTH AND MOBILITY OF YOUR HIPS AND ANKLES.

EAST WEST



STEP 1

Stand tall on the blue feet. Hold onto a support.

STEP 2

Slowly lift your right leg out sideways so your foot hovers over or beyond the green foot, then bring it back again.

STEP 3

Do 5 – 10 times. Swap feet and repeat.
This is one set. Aim for 3 sets.

THIS EXERCISE STRENGTHENS YOUR BUTTOCK MUSCLES AND IMPROVES YOUR STABILITY WALKING - TRY TO DO IT WITHOUT A SUPPORT TO IMPROVE YOUR BALANCE.

BALANCED WALKING

WALK THE DOTS



STEP 1

Stand tall facing your support bench. Place your big toes of both feet on the red dot.

STEP 2

Take one sideways step to the blue dot then the yellow, purple and green dots then take sideways steps back again.

STEP 3

Repeat 5-10 times in each direction. Hover your hands above the bench but try not to rely on its support.

**THIS EXERCISE WILL
STRENGTHEN YOUR BUTTOCK
MUSCLES AND IMPROVE YOUR
STABILITY.**

SQUAT VARIATIONS FOR SORE KNEES

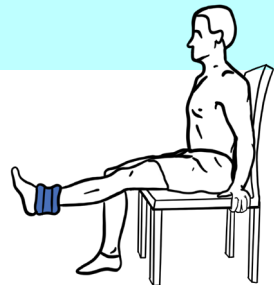
SIT TO STAND

Sit on the edge of a dining chair, slide your feet back with heels still on the floor. Looking straight ahead, bend forward at the hips until your nose is just past your toes and stand up. Slowly sit down again. Repeat 3 - 5 times, then rest, and do 2 more sets. To progress, try not to use your hands.

QUADS STRENGTHENING EXERCISE

Sit in a dining or lounge chair. Straighten one knee fully. Hold for 5 seconds then slowly lower. Keep your thigh resting flat on the chair. Repeat 5 times then swap legs. Do 3 sets of 5 and gradually build up to 10.

To progress, add 1kg ankle weights.



SCAN QR CODE FOR VIDEOS

