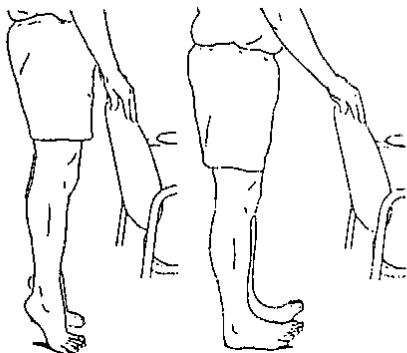


ANKLE FOOT Toe Up



Holding something stable, rise up on toes. Hold 3 seconds. Then rock back on heels and hold. Repeat 10 times.
Do 1 session per day



Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 02 6071 5200 or write to PO Box 77 Tallangatta VIC 3700

OUR VALUES

Willingly being accountable

Valuing people

Achieving results through teamwork

Integrity in all we do

Respect for others at all times



Tallangatta Health Service
is a
smoke free facility

Available at Tallangatta Health Service.

- Acute Hospital Care
- Asthma Education
- Bolga Court : Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Mixed Community Group (MCG)
- Nurse Practitioner
- Occupational Therapist
- Nutritionist
- Pathology
- Physiotherapy
- Planned Activity Group (PAG)
- Podiatry
- Room Hire
- Social Worker
- Women's Health

PHYSICAL ACTIVITY STRENGTH TRAINING

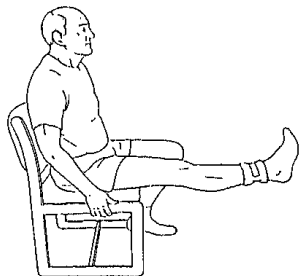
part 1



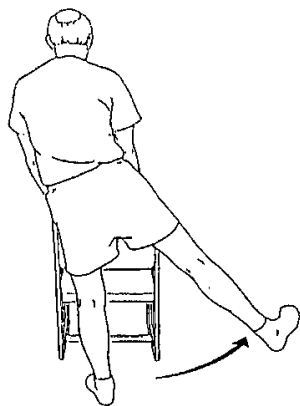
PO Box 77
25 Barree Street
Tallangatta
VIC 3700

Phone: 0260 71 5200
Fax: 0260 71 5293
Email: THS@ths.vic.gov.au
www.tallangattahealthservice.com.au

STRENGTH BUILDING
Knee Lift



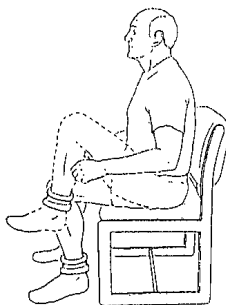
Sit with back supported. Straighten leg with 4 lb weight on it. Slowly bend knee to return, Breathe normally. Do this 8 times. Repeat with other leg. Repeat 3 times. Do 1 session per day



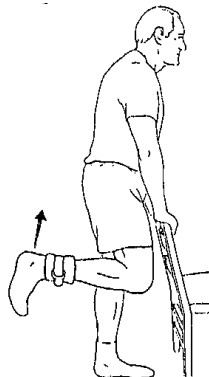
HIP
Hip Side Kick

Holding chair for balance, keep legs shoulder width apart and toes pointed forward. Swing a leg out to side, keeping knee straight. Do not bend. Repeat using other leg. Repeat 8 times. Do 3 sessions per day

TOTAL HIP—ADVANCED
Sitting Chair Flexion



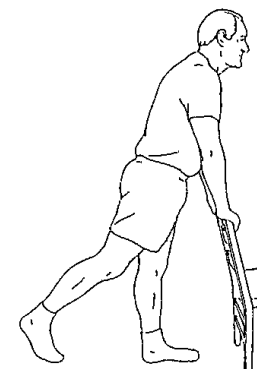
Bring knee up toward chest. Use 4 lb weight on ankle. Repeat with other leg. Repeat 8 times. Do 1 session per day.



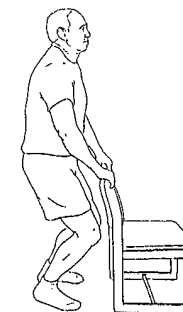
KNEE
Hamstring Strengthening

Holding support, lift right heel toward buttocks. Use 4 lb weight on ankle. Hold 3 seconds. Repeat 8 times. Do 1 session per day.

HIP
Hip Backward Kick



Holding chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back. Keeping knee straight. Do not lean forward. Repeat with other leg. Repeat 8 times. Do 1 session per day.



TOTAL KNEE
Partial Knee Bend

Holding on to a stable object, slightly bend knees and slowly straighten. Repeat 10 times. Do 1 session per day.