



**Neuro Café:**

**6<sup>th</sup> October**

**Recommended strength & balance  
apps & web resources**

# Keep On Keep Up App (KOKU)

- The 'Keep On Keep Up' App launched during Covid 19 lockdown with the aim to “ help older adults take control of their health and reduce the high risk of falls during and after COVID-19 lockdown”
- Evidence-based app has been developed at The University of Manchester
- Free
- Only available on ipads – Apple at moment
- **Keep On Keep Up (KOKU) is a state of the art, cost-effective, tablet-based technology that draws on health behaviour change theory and gamification to increase adherence to strength and balance exercises.**



# Keep On Keep Up

Exercise for healthy ageing

[Reason Digital](#)

GET



Not Enough Ratings

12+

Age

Keep On Keep Up is only available on iPad.

Only on iPad

## Welcome to Keep On Keep Up

Helping you to keep fit through home-based exercises

Join Wilf, Hilda and Mr Wigglesworth as they give you 3 new exercises each day. Work your way through them at your own pace.

**Download now!**

TODAY YOUR PROGRESS GAMES EXERCISES

## John's Exercises

Programme 1

You have finished 0 exercises in this session  
3 more to go!

- TO DO Circulation Boosting
- TO DO Standing Up Sitting Down
- TO DO Heel Raise (Sitting)





# KOKU

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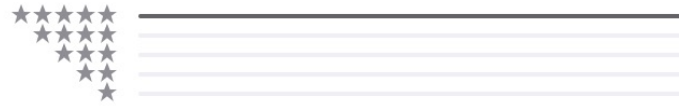
- Keep on Keep Up (KOKU) engages older adults in health promoting strategies to support
  - bone health,
  - hydration,
  - continence and
  - home safety modifications
- KOKU does not require clinicians to assess, oversee or monitor use due to its novel self-assessment descriptors and user-centred design.
- **Get in touch:** [info@kokuhealth.com](mailto:info@kokuhealth.com)

# KOKU Ratings

## Ratings and Reviews

**5.0** out of 5

5 Ratings



Michel768, 27/05/2020

### Simple and fun way to exercise at home

The app is lovely and easy to use. I find the exercises are appropriate for my abilities and I enjoy the games. Great idea.



noobsterz prevue MOOOOO, 08/06/2020

### Love the graphics

Message from user George, I have started the programme, love the graphics so far, good clarity.....

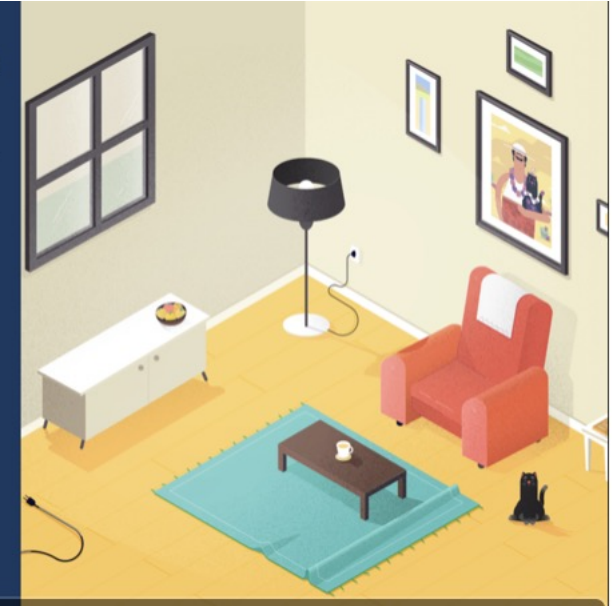
## Living room

Tap on the potential hazards.

There are remaining **5**

← GO BACK

FINISH →



## Circulation Boosting

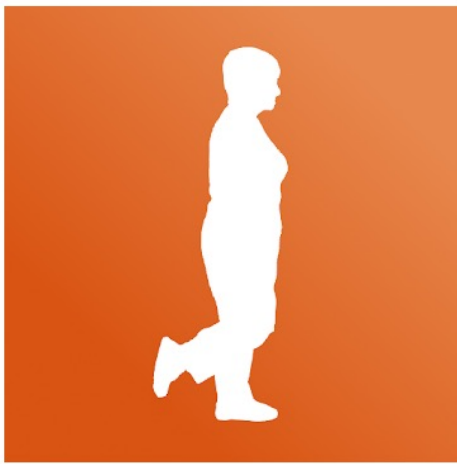
A little foot march in preparation for sit that will help with circulation and give you better ankle and foot mobility for walking.



← GO BACK

CONTINUE →






# Otago Exercise Programme

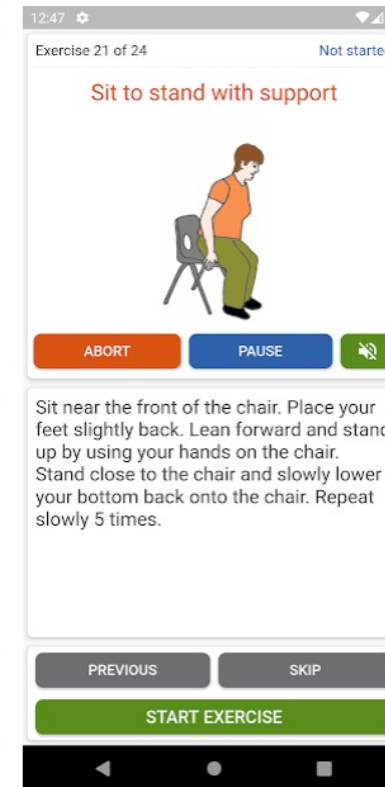
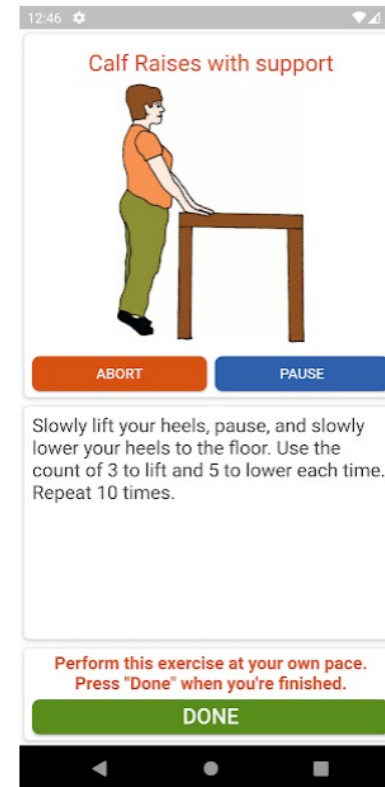
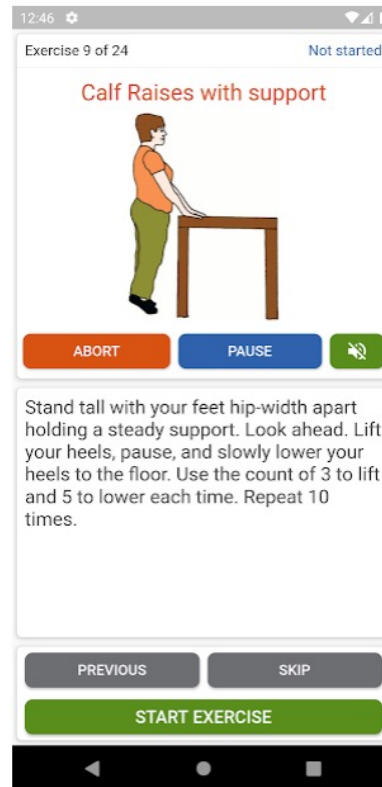
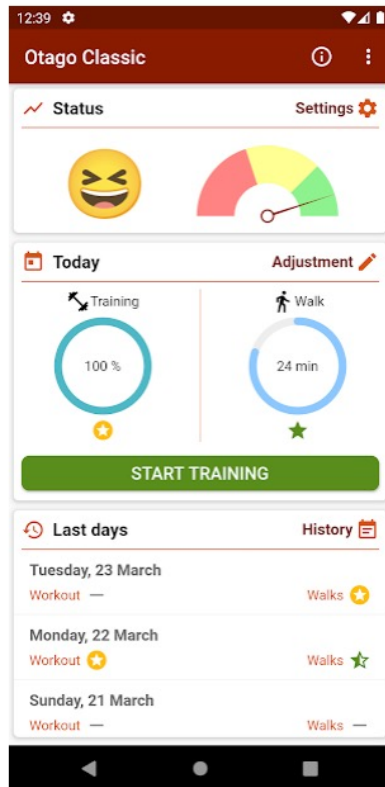
Delphie LST AB Health & Fitness

**E** Everyone

 You don't have any devices

 Add to wishlist

Install



## Download OTAGO classic!

You can now download OTAGO classic, an app with the Otago Exercise Programme, to your smartphone. The home exercise program has evidence-based fall preventive effects and can be adjusted to your ability.



### Choose your own level of difficulty

You can adjust the exercise program by choosing what exercises you want to include in your program and how much support you want to use.

The exercise is structured, and the program includes different exercises for leg strength and dynamic balance exercises. The exercises in the program are recommended to be performed three times a week and your program is expected to take about 30 minutes.

### Exercise at home

OTAGO classic is an individually adjustable exercise program for older adults over the age of 65. The program doesn't require a lot of equipment, which makes it perfect for exercising in your home.

Walks are encouraged in the program, and both exercises and walks are registered in the app. You register your motivation through self-appraisal in the app.



Download the app from Google play. Search for Otago Exercise Programme.

# Otago Exercise Programme App

- Google play store only
- Pay to use app £6.75
- Choose own level of difficulty
- Evidence based exercises
- Manual of exercises readily available online
- Exercise manuals on Falls resources site Members area LEGS website

# Nymbbl App



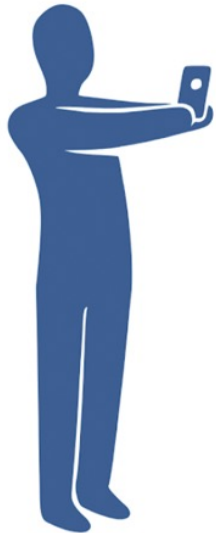
- Nymbbl App balance program
- Apple & Android
- Quick, simple and easy to use in 10 minutes a day.
- Scientifically-proven programs are personalized to meet users current ability whether chair bound or aging well, to help achieve better balance.
- Currently only available through healthcare insurers US/ NZ but planning to launch in UK soon we will update you





Slide foot sideways Right

Stand on Left foot, repeat motion



Replay

Next

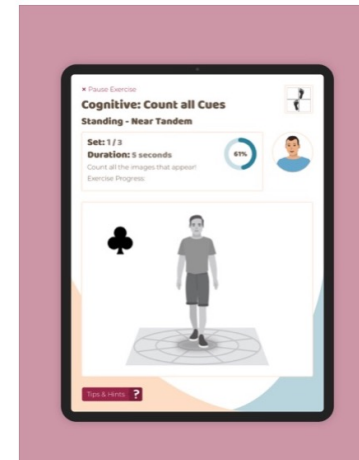
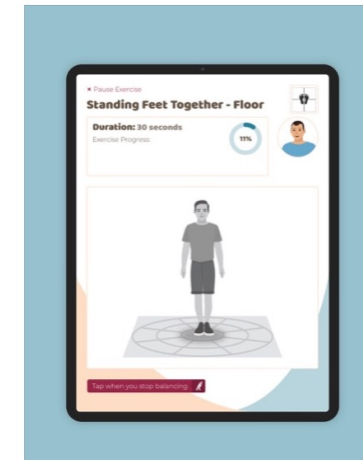
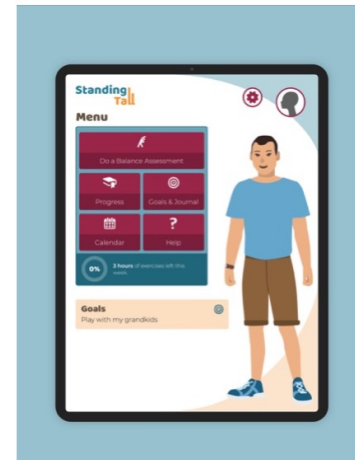
# Nymbal App

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- Nymbal's balance program combines fun cognitive challenges with simple body movements to impact the cognitive part of balance, AKA your reflexive balance.
- **Accessible** – Access Nymbal anywhere, anytime on a smartphone or tablet
- **Easy to Start** – An initial STEADI risk assessment allows for a personalized experience to meet each individual's needs
- **Efficient** – 10 minute sessions provide an effortless way to engage in balance activities
- **Adaptable** – As the member's balance improves, their specific experience adapts to meet them where they are

# Standing Tall App

- Another research app to watch
- Australia
- Soon to launch to public
- ? Cost
- Standing Tall is a home based balance exercise program delivered through an application. Standing Tall offers an individualised and evidence based approach to fall prevention. In addition to balance exercises, it also incorporates elements of brain training.



# Web resources

- <https://fallsassistant.org.uk/exercise-centre/>
- Get up & Go programme: <https://youtu.be/n8s-8KtfgFM>
- Otago videos America: [https://www.youtube.com/watch?v=RmZO\\_EPoB4k](https://www.youtube.com/watch?v=RmZO_EPoB4k)
- Exercises for balance & strength : <https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises>
- Otago videos: <https://betterhealthwhileaging.net/otago-exercises-fall-prevention-videos/>
- <http://profound.eu.com>



# Make Movement Your Mission (MMYM)

- Launched during COVID
- LIVE Movement Snacks on Facebook 10-15 minute sessions
- Live at 8am, Noon and 16.00
- Free
- Movement snacks offer seated and standing options of everyday movements in order to support people to reduce long periods of sitting.
- Mantra: To keep moving well, keep moving more.
- Friendly, pro-active, supportive and vibrant community of movement snack mates.
- You tube channel too where movement snacks uploaded subscribe to Later Life Training : 3 movement snacks a day for 18 months a great resource to learn from [https://www.youtube.com/channel/UCqen30veJkDw\\_izbDFMyb6w/featured](https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w/featured)

# 6 exercises for strength and balance

Maintain your independence with these simple strength and balance exercises. Try doing them three times a week, maybe during TV ad breaks. Always start slowly at your own pace.

## SAFETY CHECK:

- Use a stable chair or something solid like a worktop for support.
- Wear supportive and comfortable clothes.
- If any exercise causes pains in your joints or muscles stop, check that you are doing it correctly and try again. If pain persists, seek advice from a health care professional.
- Feeling muscle soreness the next day is normal.

If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and call 111 or contact your GP. Try not to hold your breath - breathe normally throughout the exercises.

*Illustrations courtesy of Chartered Society of Physiotherapists.*

# 1



## SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip-wide apart. Lean forward slightly and stand up slowly - hands on the chair if needed. Step back until your legs touch the chair. Slowly lower your bottom back onto the chair using your hands if needed. Repeat up to 10 times.

# 2



## HEEL RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.

# 3



## TOE RAISES

Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.

# 4



## HEEL TOE STAND

Stand tall, holding support. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - removing your hands if possible. Take your feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

# 5



## HEEL TOE WALKING

Stand tall, side on to your support like a worktop or landing banister. Walk 10 steps placing one foot directly in front of the other, feet forming a straight line. Look ahead and walk slowly. Only hold if you need to. Take your feet back to hip width apart before turning around and repeating 5 times.

# 6



## ONE LEG STAND

Stand close and hold your support. Balance on one leg, keeping that leg straight but knee soft. Stand tall and look ahead. Hold for 10 seconds. Repeat with other leg.