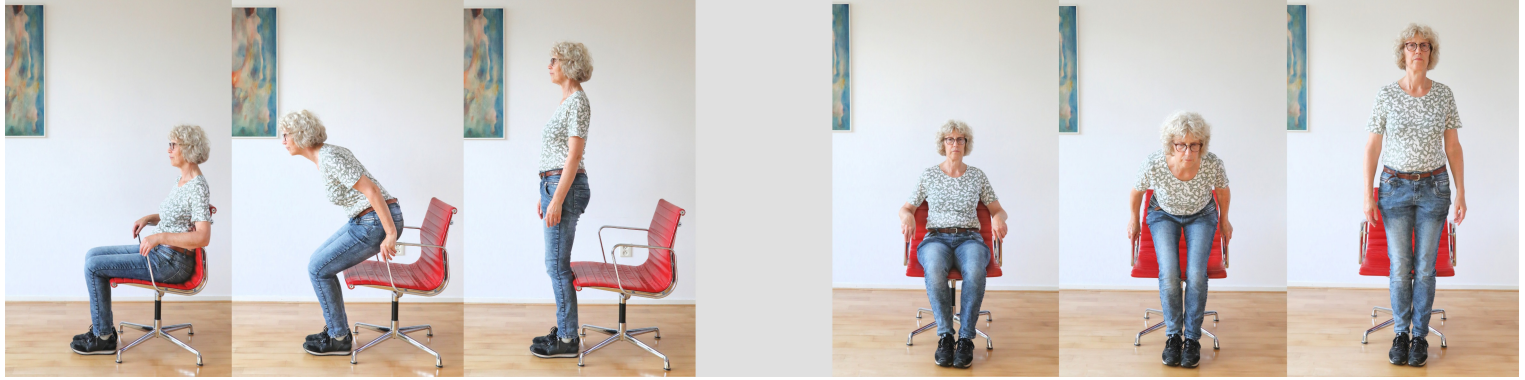


Valpreventie oefeningen

1. Opstaan uit de stoel:

a: steunend op 2 handen

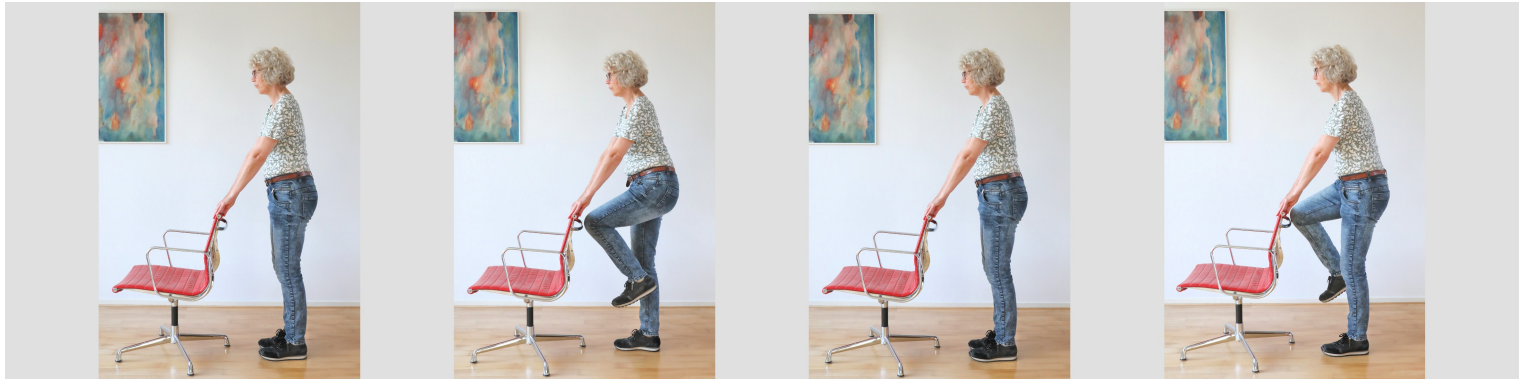


b: steunend op 1 hand

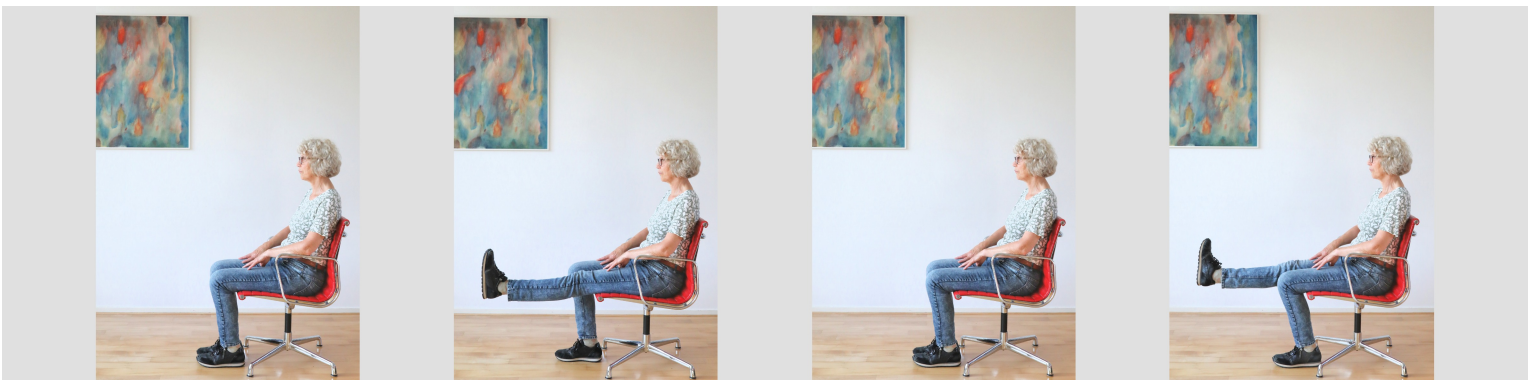
c: zonder steun



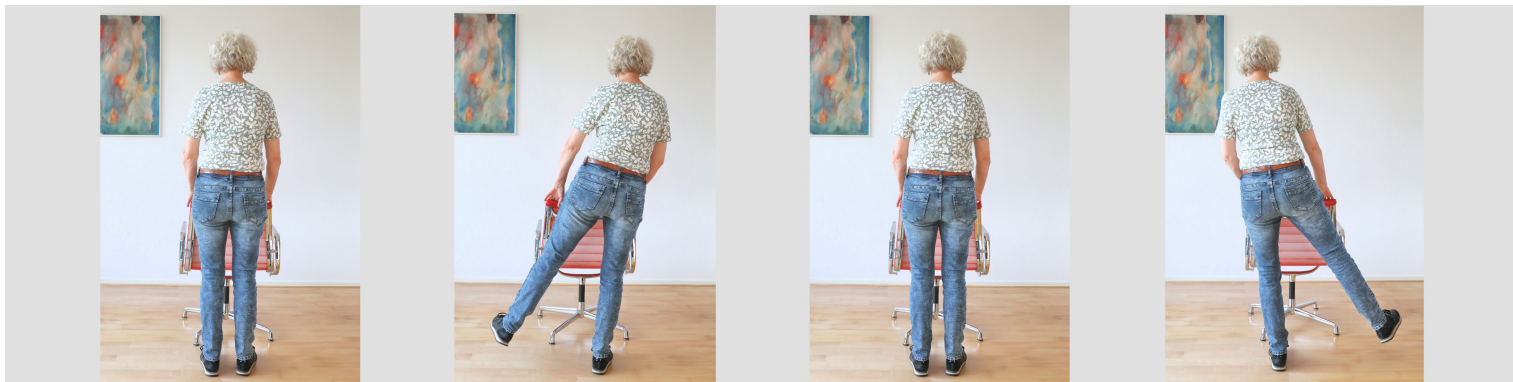
2. Knie heffen links en rechts



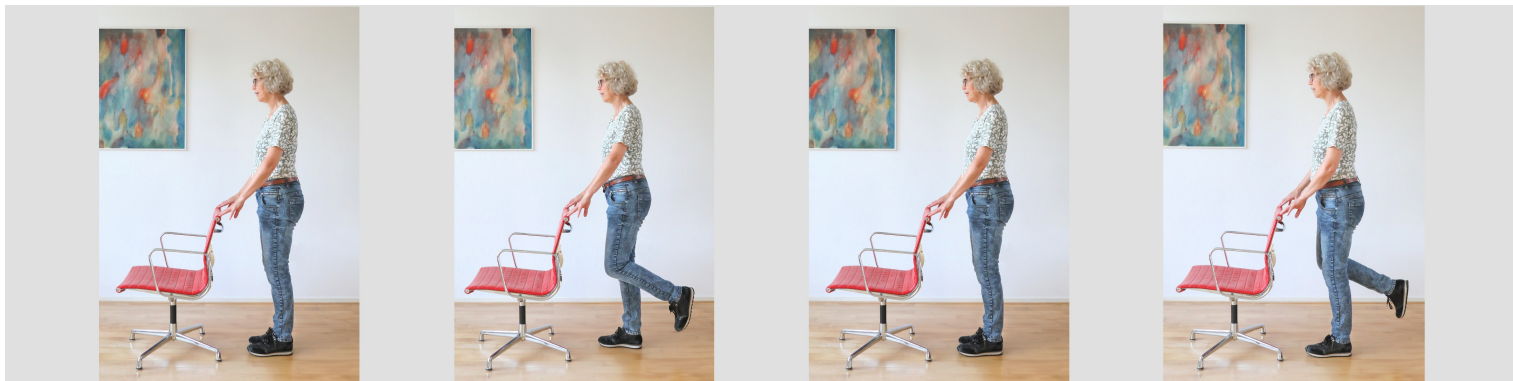
3. Knie strekken links en rechts



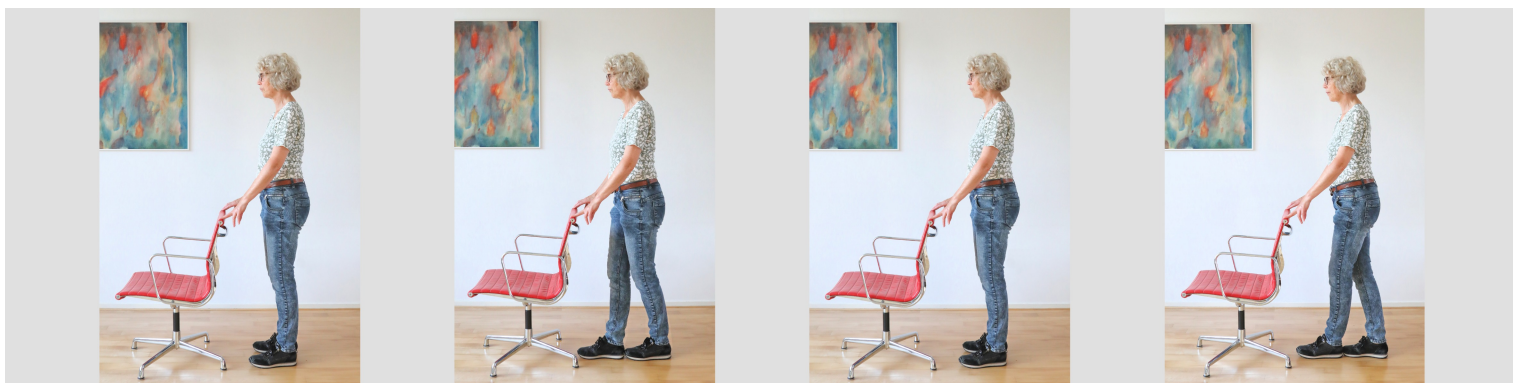
4. Been zijwaarts strekken links en rechts



5. Onderbeen heffen links en rechts



6. Voeten achter elkaar links en rechts



7. Zijwaarts lopen



8. Achteruit lopen

