

Playlist Information

These are the files listed on the playlists. Remember you can create your own playlists as you will have all the audio files in a zipped folder.

These files are the Intellectual Property of Later Life Training Ltd. You are not allowed to sell these files on to people. See our Terms and Conditions on the Website.

Beginner Level Programme playlist:

Consists of the following files:

- 1.0 Introduction to OEP
- 2.1 Standing Posture Check
- 2.2 Warm Up CB1 (Circulation Booster 1)
- 2.3 Warm Up Head Movements
- 2.4 Warm Up Neck Movements
- 2.5 Warm Up Back Extensions
- 2.6 Warm Up Trunk Movements
- 2.7 Seated Posture Check
- 2.8 Warm Up Ankle Movements
- 2.9 Warm Up End
- 3.1. Strength Introduction
- 3.2 Putting on weights
- 3.3 Strength Front Knee Strengtheners
- 3.4 Strength Back Knee Strengtheners
- 3.5 Strength Side Hip Strengtheners
- 3.6 Taking weights off
- 3.7a Strength Heel Raises (Full Support)
- 3.8a Strength Toe Raises (Full Support)
- 4.1 Balance Intro
- 4.2 Standing Posture Check (reminder)
- 4.3a Balance Knee Bends (Full support)
- 4.5a Balance Heel Toe Stand (Full support)
- 4.7a Balance One leg stand (Full support)
- 4.8a Balance Sideways walking (Full support)
- 4.10 Preparation sit to stand
- 4.11a Sit to Stand (Full support)
- 5.1 Warm-down stretches
- 5.2 Pelvic floor information
- 5.3 Pelvic floor 1 (slow)
- 5.4 Pelvic floor 2 (fast)
- 5.5 OEP session end

This Beginners level set of exercises does not include the exercises that are considered higher balance challenges (toe and heel walking, heel toe walking, backwards walking, heel-toe walking backwards, walking and turning (figure of 8)) – these should only be introduced when the participant has mastered the above exercises.

Intermediate Level Programme

Consists of the following files:

- 1.0 Introduction to OEP
- 2.1 Standing Posture Check
- 2.2 Warm Up CB1 (Circulation Booster 1)
- 2.3 Warm Up Head Movements
- 2.4 Warm Up Neck Movements
- 2.5 Warm Up Back Extensions
- 2.6 Warm Up Trunk Movements
- 2.7 Seated Posture Check
- 2.8 Warm Up Ankle Movements
- 2.9 Warm Up End
- 3.1 Strength Introduction
- 3.2 Putting on weights
- 3.3 Strength Front Knee Strengtheners
- 3.4 Strength Back Knee Strengtheners
- 3.5 Strength Side Hip Strengtheners
- 3.6 Taking weights off
- 3.7c Strength Heel Raises – Reduced Support (one hand)
- 3.9c Strength Toe Raises – Reduced Support (one hand)
- 4.1 Balance Introduction
- 4.2 Standing Posture Check
- 4.3c Balance Knee Bends – Reduced support (One hand)
- 4.4a Toe walking (Full support)
- 4.5a Heel Toe Stand (Full support)
- 4.6a Heel Toe Walking (Full support)
- 4.7b One leg stand - Reduced support (loose grip)
- 4.8b Sideways walking - Reduced support (loose grip)
- 4.9a Heel walking (Full support)
- 4.10 Preparation for sit to stand
- 4.11c Sit to Stand – Reduced support (hands on thighs)
- 4.12a Backwards walking (Full support)
- 4.13a Heel Toe Walking backwards (Full support)
- 4.14 Walking and turning (figure of 8)
- 4.15a Stair walking (strongest leg step through)
- 5.1 Warm-down stretches
- 5.2 Pelvic floor information
- 5.3 Pelvic floor 1 (slow)
- 5.4 Pelvic floor 2 (fast)
- 5.5 OEP session end

The Intermediate Level set of exercises includes some of the exercises not included in the Beginners Level. These are introduced with full support but the beginners level exercises are progressed to reduced support. Stair walking is introduced.

Intermediate Level Programme – Making Progress

Consists of the following files:

- 1.0 Introduction to OEP
- 2.1 Standing Posture Check
- 2.2 Warm Up CB1 (Circulation Booster 1)
- 2.3 Warm Up Head Movements
- 2.4 Warm Up Neck Movements
- 2.5 Warm Up Back Extensions
- 2.6 Warm Up Trunk Movements
- 2.7 Seated Posture Check
- 2.8 Warm Up Ankle Movements
- 2.9 Warm Up End
- 3.1 Strength Introduction
- 3.2 Putting on weights
- 3.3 Strength Front Knee Strengtheners
- 3.4 Strength Back Knee Strengtheners
- 3.5 Strength Side Hip Strengtheners
- 3.6 Taking weights off
- 3.7c Heel Raises – Reduced Support (one hand)
- 3.9c Toe Raises – Reduced Support (one hand)
- 4.1 Balance Introduction
- 4.2 Standing Posture Check
- 4.3c Knee Bends – Reduced support (One hand)
- 4.4b Toe walking – Reduced support
- 4.5b Heel Toe Stand – Reduced support
- 4.6b Heel Toe Walking – Reduced Support (loose grip)
- 4.7b One leg stand - Reduced support (loose grip)
- 4.8b Sideways walking - Reduced support (loose grip)
- 4.9b Heel walking – Reduced support (loose grip)
- 4.10 Preparation for sit to stand
- 4.11c Sit to Stand – Reduced support (hands on thighs)
- 4.12b Backwards walking – Reduced support (loose grip)
- 4.13b Heel Toe Walking backwards – Reduced support (loose grip)
- 4.14 Walking and turning (figure of 8) – reduced support
- 4.15c Stair walking (strongest leg step through)
- 5.1 Warm-down stretches
- 5.2 Pelvic floor information
- 5.3 Pelvic floor 1 (slow)
- 5.4 Pelvic floor 2 (fast)
- 5.5 OEP session end
- 6.1 Intro to walking section

This Intermediate Level - Making Progress - set of exercises moves on the new exercises introduced at the start of the Intermediate Level to reduced support options and adds in an introduction about walking.

Advanced Level Programme

Consists of the following files:

- 1.0 Introduction to OEP
- 2.1 Standing Posture Check
- 2.2 Warm Up CB1 (Circulation Booster 1)
- 2.3 Warm Up Head Movements
- 2.4 Warm Up Neck Movements
- 2.5 Warm Up Back Extensions
- 2.6 Warm Up Trunk Movements
- 2.7 Seated Posture Check
- 2.8 Warm Up Ankle Movements
- 2.9 Warm Up End
- 3.1 Strength Introduction
- 3.2 Putting on weights
- 3.3 Strength Front Knee Strengtheners
- 3.4 Strength Back Knee Strengtheners
- 3.5 Strength Side Hip Strengtheners
- 3.6 Taking weights off
- 3.7d Heel Raises – Reduced Support (no grip)
- 3.9d Toe Raises – Reduced Support (no grip)
- 4.1 Balance Introduction
- 4.2 Standing Posture Check
- 4.3d Knee Bends – Reduced support (no grip)
- 4.4c Toe walking – Reduced support (no grip)
- 4.5b Heel Toe Stand – Reduced support (no grip)
- 4.6c Heel Toe Walking – Reduced Support (no grip)
- 4.7c One leg stand - Reduced support (no grip)
- 4.8c Sideways walking - Reduced support (no grip)
- 4.9c Heel walking – Reduced support (no grip)
- 4.10 Preparation for sit to stand
- 4.11d Sit to Stand – Reduced support (no hands)
- 4.12c Backwards walking – Reduced support (no grip)
- 4.13c Heel Toe Walking backwards – Reduced support (no grip)
- 4.14 Walking and turning (figure of 8) – reduced support
- 4.15d Stair walking (advanced)
- 5.1 Warm-down stretches
- 5.2 Pelvic floor information
- 5.3 Pelvic floor 1 (slow)
- 5.4 Pelvic floor 2 (fast)
- 5.5 OEP session end
- 6.1 Intro to walking section

The Advanced Level Programme includes all OEP exercises with no support (no use of hands) and is only advised in people who have already improved their balance significantly with the earlier stages of the programme, or perhaps as an ongoing home exercise programme for people who have been through a Postural Stability

Instructor Programme and have reached a level of proficiency and safety to perform these exercises unsupported.

Terms and Conditions:

1. These audio files have been created based on the original Otago exercises but we have also added in some warm up, cool down and pelvic floor exercises. Therefore the Intellectual Property remains with Later Life Training Ltd.
2. These audio files are intended to be used with patients/clients who have received an assessment of baseline ability and have been taught how to do the exercises by a trained Otago Exercise Programme (OEP) Leader, Postural Stability Instructor (PSI) or trained Physiotherapist or Occupational Therapist.
3. These audio files may NOT BE SOLD (at a cost) to any other provider or patient/client. Legal action will be taken if you are found to be selling these audio files.

