

5 MOBILITY SKILLS YOU SHOULD MAINTAIN AFTER 55

Simple abilities that help you stay strong, steady & independent.

THE GOAL ISN'T PERFECTION.

Use these five everyday skills as a simple check-in. Notice what feels easy, what feels less confident than it used to, and what may deserve more attention.

1	Get Up From the Floor Independence + recovery
2	Stand From a Chair Without Your Hands Everyday leg strength
3	Step Up and Down a Curb With Control Strength + balance
4	Balance Briefly on One Leg Single-leg stability
5	Walk, Turn and Change Direction Confidently Real-world mobility

Important: Use a sturdy support nearby if needed. Do not attempt a task that feels unsafe.

1. Get Up From the Floor

Why it matters

Being able to get down to and up from the floor supports independence for everyday tasks and may be especially important if you ever end up on the ground unexpectedly.

Simple check-in

Can you lower yourself to the floor and return to standing using a safe strategy? It is completely fine to use a sturdy chair or other support if that is what you normally need.

What to notice

Do you feel limited by leg strength, knee or hip mobility, balance, confidence, or uncertainty about the best sequence?

Your check-in:

Feels comfortable	Needs some work	Not safe to try today
[]	[]	[]

2. Stand From a Chair Without Using Your Hands

Why it matters

Standing from a chair is one of the most repeated strength tasks in daily life. It reflects the leg strength and control used for couches, toilets, dining chairs and getting up throughout the day.

Simple check-in

From a sturdy chair, place your feet comfortably on the floor and try to stand without pushing from the armrests.

What to notice

Do you need momentum? Do your knees collapse inward? Does one leg do more of the work? Is the task much harder from a lower chair?

Your check-in:

Feels comfortable	Needs some work	Not safe to try today
[]	[]	[]

3. Step Up and Down a Curb With Control

Why it matters

Curbs and stairs combine strength, balance, depth judgment and single-leg control. Stepping down often requires more control than people expect.

Simple check-in

Using a rail or sturdy support if needed, step up and down one standard step or curb slowly and deliberately.

What to notice

Can you lower yourself with control, or do you drop onto the lower leg? Do you feel steady when only one foot is supporting you?

Your check-in:

Feels comfortable	Needs some work	Not safe to try today
☐	☐	☐

4. Balance Briefly on One Leg

Why it matters

Single-leg balance shows up in everyday life when you step over something, climb stairs, put on clothing or recover during an unexpected shift in your balance.

Simple check-in

Stand beside a sturdy counter. Without leaning, lift one foot slightly from the floor for a few seconds. Keep your hand close to support.

What to notice

Compare sides. Notice excessive swaying, grabbing for support, or a major difference between your right and left sides.

Your check-in:

Feels comfortable	Needs some work	Not safe to try today
[]	[]	[]

5. Walk, Turn and Change Direction Confidently

Why it matters

Real life rarely happens in a straight line. We turn to talk, look around a store, navigate furniture, change direction and respond to distractions while walking.

Simple check-in

In a clear, familiar area, walk at your normal pace and make a comfortable turn. If safe for you, notice what happens when you look slightly to the side while walking.

What to notice

Do you slow dramatically, drift, take several tiny steps to turn, feel dizzy, or need to stop before changing direction?

Your check-in:

Feels comfortable	Needs some work	Not safe to try today
[]	[]	[]

What Did You Notice?

This is not a pass-or-fail test. The purpose is to notice patterns and identify the abilities you want to protect or improve.

5 feel comfortable	Great. Keep using and challenging these abilities so they stay part of your everyday life.
3-4 feel comfortable	You may have one or two areas worth giving more focused attention.
0-2 feel comfortable	Consider starting with supported, appropriate practice and getting individualized guidance if you are unsure what is safe.

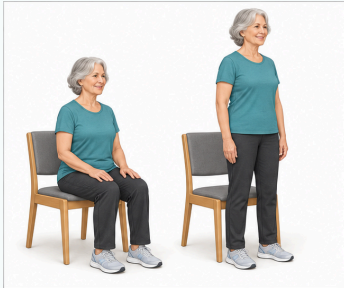
The bigger picture

Strength is only one piece of staying independent. Balance, mobility, confidence, footwear, lighting, stairs, rugs, home setup and how you respond to unexpected movement all matter too.

The goal is not to become fearful of falling. It is to build the abilities and environment that help you keep moving through life with confidence.

FOUR SIMPLE LEG EXERCISES

Try these after your mobility check-in. Choose a comfortable range.



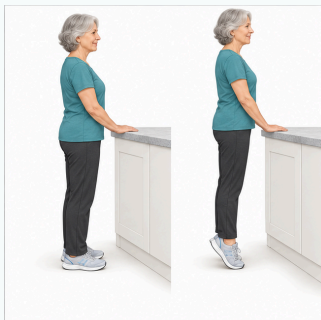
1 SIT TO STAND

From a sturdy chair, lean forward and stand up. Sit down slowly with control. Use your hands if needed.



2 SUPPORTED MINI SQUAT

Hold a stable counter. Bend your hips and knees a little, then stand tall again.



3 SUPPORTED HEEL RAISE

Hold a stable counter. Rise onto your toes, then lower your heels slowly.



4 SIDE LEG RAISE

Hold a stable counter. Keep your trunk upright as you move one leg a little to the side. Repeat on the other leg.

Start with a few comfortable repetitions. Keep a stable support nearby, breathe normally, and stop if you feel unsafe or develop concerning symptoms.

READY FOR THE NEXT STEP?

Strong & Steady: Balance & Fall Prevention Course

A practical online course designed to help you look at balance, strength, everyday mobility and home safety - before a fall forces you to.

SAFER AT HOME Recognize common hazards and make practical changes.	BETTER BALANCE Understand the abilities that support steadier movement.
CURBS & STAIRS Think about the strength and control needed for everyday obstacles.	GREATER CONFIDENCE Focus on maintaining independence, not restricting your life.

Course price: \$29

CLICK HERE TO START STRONG & STEADY

Or scan the QR code:



Moving Into Wellness | Rhonda Millet, PT, CHT

Safety note: This guide is educational and is not a substitute for individualized medical or physical therapy advice. Use appropriate support and do not attempt any activity that feels unsafe. Seek professional guidance if you have recent falls, significant dizziness, new weakness, or other concerning symptoms.