



Adjustable Ankle Weights

Why they are Important

Adjustable ankle weights are weighted bands that fasten around the ankles (most often with Velcro). They add weight to your legs during a workout, which is an important component of

the Otago Exercise Program (Otago). Weight bearing is critical to your improvement and progression through the program. Adjustable weights allow you to gradually increase the weight (one half pound to 20 pounds) and to progressively increase resistance while strengthening the knee flexors, knee extensors, and hip abductors. Adjustable weights also allow you to increase the intensity but not the impact to joints while strengthening the leg muscles.²⁵

Otago physical therapists will come prepared with the appropriate adjustable weights each time they visit you, but it is important that you have your own set of adjustable ankle weights to complete the Otago exercises when your physical therapist is not visiting your home.

How much do they Cost?

You are encouraged to purchase a weight set of 10 to 20 pounds, with each weight band holding 5-10 pounds. The cost for such a set ranges from \$20 to \$40. Adjustable weights can be purchased at large retailers and sporting goods stores or at online retail outlets. Please talk to your physical therapist about which weights are right for you and options for purchase.