

## Adjustable Ankle Weights

### Importance of Adjustable Ankle Weights

Adjustable ankle weights are weighted bands that fasten around the ankles (often with Velcro). They add weight/resistance to your legs during a workout, an important component of the Otago Exercise Program. Adding resistance 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) while strengthening the knee flexors, knee extensors, and hip abductors. Adjustable weights also allow you to increase the intensity but not the impact on joints while strengthening the leg muscles.<sup>25</sup>

Physical therapists and others who have completed the Otago training program will help determine the appropriate weight to use each time they visit you. They can also advise you on where to obtain your own adjustable ankle weights to complete the exercises at home.

### Cost of Adjustable Ankle Weights

You are encouraged to purchase a weight set of 10 to 20 pounds, with each weight band holding 5-20 pounds. The cost for such a set ranges from \$25 to \$75. Adjustable weights can be purchased at large retailers and sporting goods stores or online retail outlets (e.g., Amazon). Please talk to your physical therapist about which weights are right for you and your purchase options.