**Single Leg Balance Matrix**

**Purpose:** Improve trunk and leg muscle control and balance.

**Position:** Stand on one leg with knee slightly bent. Maintain good posture with abdominals tightened.

**Action:** Stand on left leg; reach out with right leg as far as you can without losing balance. Do not touch down with right leg.

- 12 o’clock
- 2 o’clock
- 3 o’clock
- 5 o’clock
- 6 o’clock

Stand on right leg; reach out with left leg as above.

- 12 o’clock
- 10 o’clock
- 9 o’clock
- 7 o’clock
- 6 o’clock

Hold each repetition ____ seconds. Do ____ repetitions ____ times per day.

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The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.