Balance Home Exercise Program – Level 3, Standing

• The purpose of these exercises is to improve the ability to maintain balance during sitting, standing or walking activities; and to increase one’s general activity level and safety in a variety of home and community situations.
• For safety, all exercises must be performed close to a support surface (wall, countertop) or next to someone.
• Only perform those exercises as instructed by the therapist. If instructions are not clearly understood, wait for clarification by therapist before attempting to perform.

1. Stride stance position

**Purpose:** Strengthen/train leg muscles in weight bearing position.

**Position:** Stand on both legs, with one foot in front as if it has taken a step. Keep weight on both feet and maintain good trunk/knee/arch positions.

**Action:**
- Add arm movements.
- Start with both arms in front, palms forward, bring them around trunk and bring thumbs together. Return and repeat.
- Start with one arm up, thumb up and opposite arm down and back, thumb down. Alternate arm/thumb positions.
- Perform exercise with ________ pounds.

Hold each repetition _______ seconds. Do ______ repetitions ______ times per day.

2. Feet heel-toe “tandem”: Varied arm positions

With right/left foot directly in front of the other, and arms out/at sides/across chest, look straight ahead at a stationary object.

Hold ______ seconds. Repeat ______ times per session.
Do ______ sessions per day.

3. Single leg (varied surfaces)

Holding on to a chair for support, lift right/left leg up while maintaining balance over single leg. Progress to removing hands from support surface for longer periods of time.

Hold ______ seconds. Repeat ______ times per session.
Do ______ sessions per day.

Continued
4. Walking on heels
Walk on heels for ______ feet while continuing in a straight path.
Do ______ sessions per day.
☐ Repeat with eyes closed.
☐ Repeat on __________________ surface.

5. Walking on toes
Walk on toes for ______ feet while continuing in a straight path.
Do ______ sessions per day.
☐ Repeat with eyes closed.
☐ Repeat on __________________ surface.

6. Braiding
Move to side: cross right leg in front of left, bring left out to side, then cross right leg behind left leg and so on. Repeat toward opposite direction.
Repeat entire sequence ______ times.
Do ______ sessions per day.
☐ Repeat with eyes closed.
☐ Repeat on __________________ surface.

7. Feet apart (compliant surface)
Stand on __________________ with feet shoulder width apart. Look straight ahead at stationary object. Perform with arms out/at sides/across chest.
Hold ______ seconds. Repeat ______ times per session.
Do ______ sessions per day.

8. Feet together (compliant surface)
Stand on ________________ with feet together. Look straight ahead at stationary object. Perform with arms out/at sides/across chest.
Hold ______ seconds. Repeat ______ times per session.
Do ______ sessions per day.
9. **Turning in place (solid surface)**
Standing in place, lead with head and turn slowly/quickly making quarter/half/full turns toward right/left.

Repeat _____ times per session. Do ______ sessions per day.

☐ Repeat _____ turns with eyes closed.

10. **Turning in place: Compliant surface (pillow)**
Standing on pillow, lead with head and turn slowly/quickly making quarter/half/full turns toward right/left.

Repeat _____ times per session. Do ______ sessions per day.

☐ Repeat _____ turns with eyes closed.