

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.



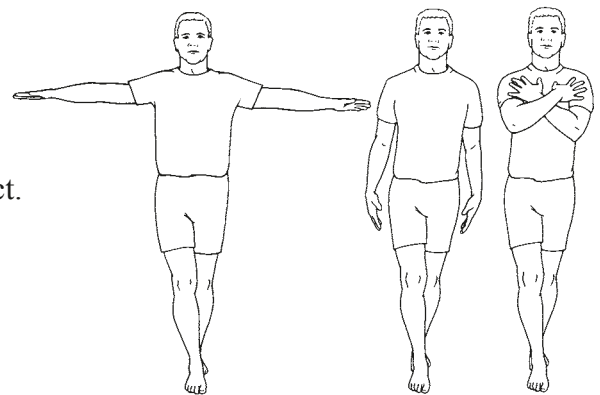
Hold each repetition _____ seconds. Do _____ repetitions _____ times per day.

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.

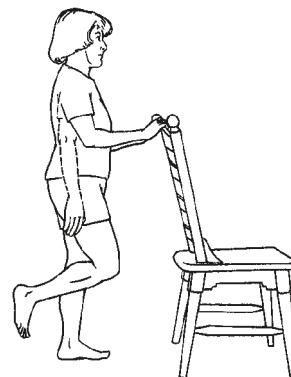


3. Single leg (varied surfaces)

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.



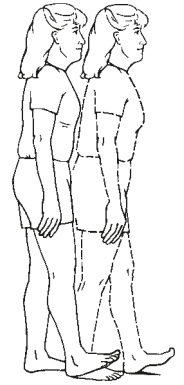
4. Walking on heels

Walk on heels for _____ feet while continuing in a straight path.

Do _____ sessions per day.

Repeat with eyes closed.

Repeat on _____ surface.



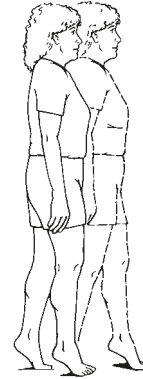
5. Walking on toes

Walk on toes for _____ feet while continuing in a straight path.

Do _____ sessions per day.

Repeat with eyes closed.

Repeat on _____ surface.



6. Braiding

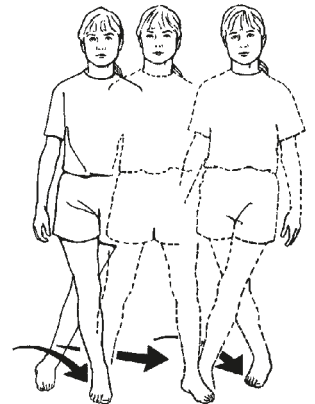
Move to side: cross right leg in front of left, bring left out to side, then cross right leg behind left leg and so on. Repeat toward opposite direction.

Repeat entire sequence _____ times.

Do _____ sessions per day.

Repeat with eyes closed.

Repeat on _____ surface.

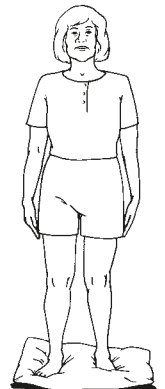


7. Feet apart (compliant surface)

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.

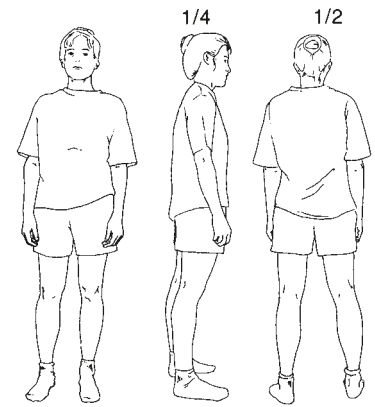


9. Turning in place (solid surface)

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.

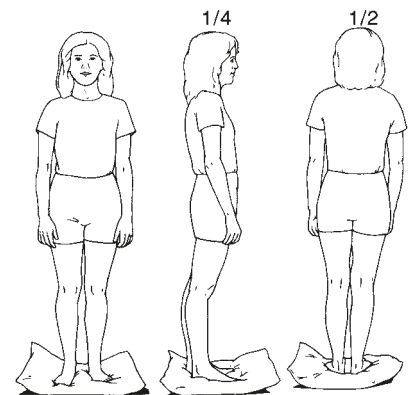


10. Turning in place: Compliant surface (pillow)

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.



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.