



Balance Exercises

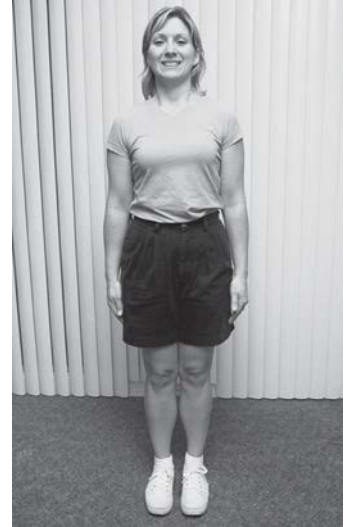
1. Standing Feet Together

Stand with good posture, feet together. Tighten abdominal and buttock muscles.

- ___ Place hands on countertop.
- ___ Eyes closed.
- ___ Stand on unstable surface (foam, exercise mat, pillow).

Hold each repetition ___ seconds.

Do ___ repetitions ___ times per day.



2. Tight Rope Standing

Stand with good posture with one foot directly in front of the other.

Tighten abdominal and buttock muscles.

- ___ Place hand on countertop.
- ___ Eyes closed.
- ___ Stand on unstable surface (foam, exercise mat, pillow).
- ___ Tight rope walk forward/backward.

Hold each repetition ___ seconds.

Do ___ repetitions ___ times per day.



3. Standing Lateral Weight Shift

Stand with good posture, feet shoulder-width apart. Tighten abdominal muscles. Shift weight sideways onto one leg.

- A. ___ Place hands on countertop.
- B. ___ Place feet wider than shoulder-width apart. Shift weight onto one leg allowing that knee to bend.
- C. ___ Take a wide step more than shoulder-width apart and shift weight onto one leg allowing that knee to bend. Step back to starting position.

Hold each repetition ___ seconds.

Do ___ repetitions ___ times per day.



Continued

4. Standing Stride Stance/Forward Weight Shift

Stand with good posture, feet shoulder-width apart. Place one foot forward. Tighten abdominal muscles.

- A. ___ Place hand on countertop.
- B. ___ Shift weight forward allowing front knee to bend.
- C. ___ Take a step forward and shift weight forward onto front leg. Allow front knee to bend. Step back to starting position.
- D. ___ Take a step forward on a diagonal and shift weight forward onto that leg. Allow front knee to bend. Step back to starting position.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.



5. Single Leg Standing

Stand with good posture. Tighten abdominal and buttock muscles.

___ Place hands on countertop

Shift weight onto one leg and lift the other leg off the floor. As you stand on one leg, keep trunk upright and pelvis level. Do not lock knee. Keep knee pointed over second toe. Repeat on other leg.

To increase difficulty:

- ___ Lift same side hand off countertop
- ___ Lift both hands off countertop
- ___ Close eyes
- ___ Stand on unstable surface (foam, exercise mat, pillow)

Hold each repetition _____ seconds.

Do _____ sets of _____ repetitions on each leg _____ times per day.

