

Balance Home Exercise Program – Level 1, 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 the therapist before attempting to perform.

1. Weight shift: Anterior/posterior (limits of stability)

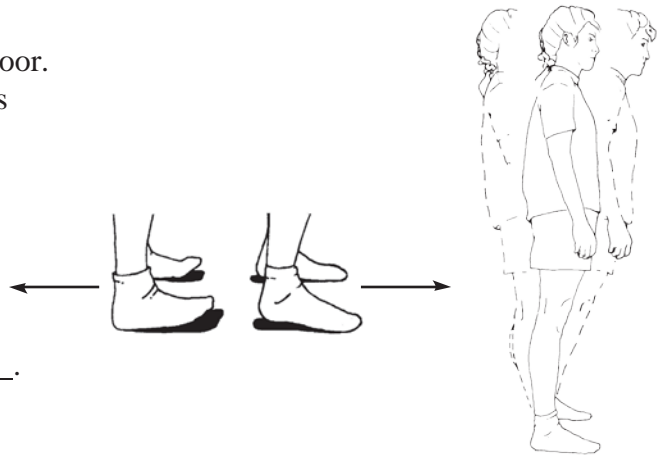
Slowly shift weight backward until toes begin to rise off floor. Return to starting position. Shift weight forward until heels begin to rise off floor.

Hold each position _____ seconds.

Repeat _____ times per session.

Do _____ sessions per day.

Repeat on compliant surface _____.



2. Weight shift: Lateral (limits of stability)

Slowly shift weight to right/left as far as possible, without taking a step. Return to starting position.

Hold each position _____ seconds.

Repeat _____ times per session.

Do _____ sessions per day.

Repeat on compliant surface _____.



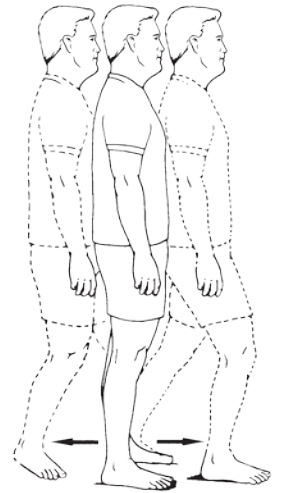
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3. Single step: Forward/backward

Lifting foot off floor, take one step slowly/quickly forward with right/left leg. Return to starting position. Take one step backward and return.

Repeat _____ times per session.

Do _____ sessions per day.



4. Heel raises – Standing

Purpose: Strengthen calf muscles.

Position: Stand holding onto a counter for balance.

Action: Raise heels off floor so you are standing on the balls of your feet. Hold abdominal and buttock muscles tight throughout exercise.

- Perform exercise with knees bent.
- Perform with feet together.
- Perform with adductor squeezes.
- Perform on one leg at a time.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.

