

Balance Home Exercise Program – Level 2, 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.

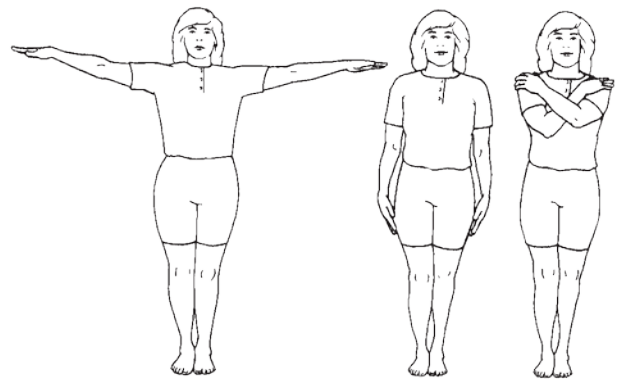
1. Feet together: Varied arm positions

With feet together and arms out/at sides/across chest, look straight ahead at a stationary object.

Hold _____ seconds.

Repeat _____ times per session.

Do _____ sessions per day.



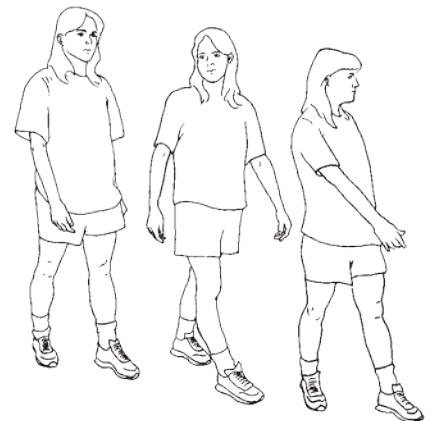
2. Side-to-side head motion

Walking on solid surface with head and eyes positioned straight ahead, turn head and eyes toward right/left for _____ steps. Return with head and eyes straight ahead. Repeat, turning head and eyes to opposite direction.

Repeat entire sequence _____ times.

Do _____ sessions per day.

Repeat while at mall or grocery store.



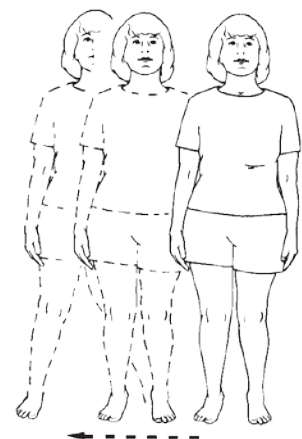
3. Side-Stepping

Walk to right/left side with eyes open/closed. Walk evenly, leading with the same foot. Make sure each foot lifts off the floor.

Repeat for _____ minutes or _____ feet.

Do _____ sessions per day.

Repeat on _____ surface.



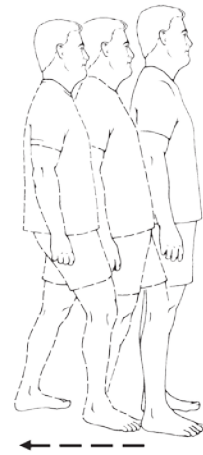
4. Backward

Walk backward with eyes open/closed. Take even steps, making sure each foot lifts off the floor. Turn and walk backward to starting place.

Repeat for _____ minutes or _____ feet.

Do _____ sessions per day.

Repeat on _____ surface.



5. Step-ups: Forward

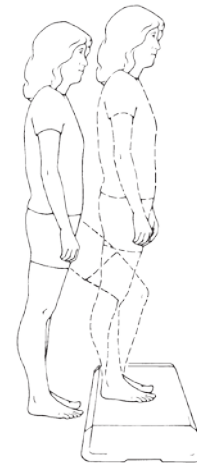
Leading with right/left leg, bring both feet onto a _____ inch step. Return to starting position leading with right/left leg.

Repeat _____ times per session.

Do _____ sessions per day.

Repeat in dimly lit room

Repeat with eyes closed.



6. Step-ups: Lateral

Step up to side with right/left leg. Bring other foot up onto inch step. Return to floor position with right/left leg.

Repeat _____ times per session.

Do _____ sessions per day.

Repeat in dimly lit room.

Repeat with eyes closed.

