

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.

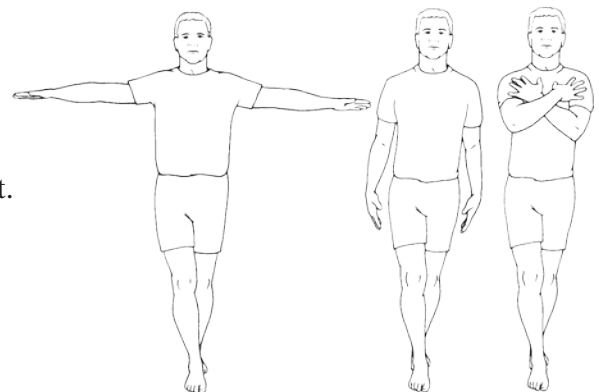


2. Feet heel-toe “tandem”: Varied arm positions

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.

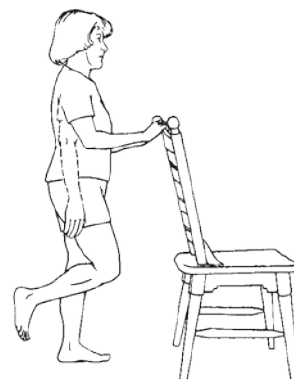


3. Single leg (varied surfaces)

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.



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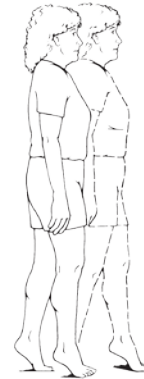
4. Walking on heels

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

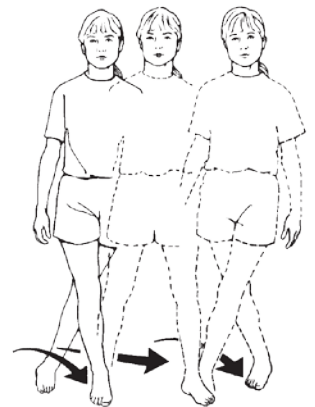
Move to side: cross right leg in front of left, bring left out to side, then cross right leg behind left leg and so on. Repeat toward opposite direction.

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.



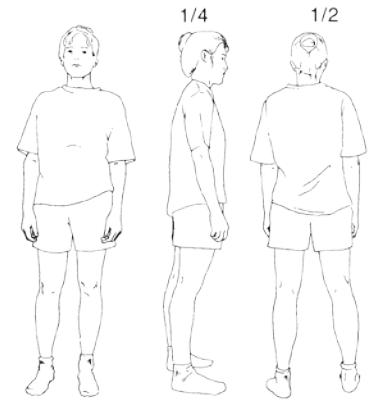
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9. Turning in place (solid surface)

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.

