

## Balance Exercises

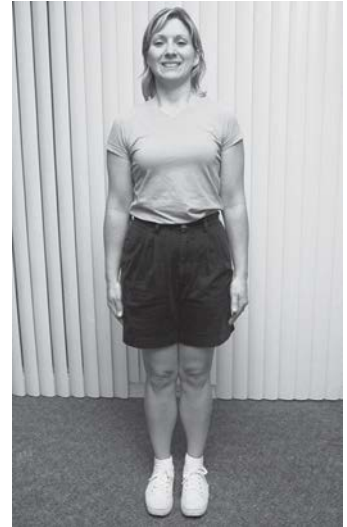
### 1. Standing Feet Together

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.

