

Patty's PT Tips

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Balance Tips from Nymbbl

Top 10 Daily Balance Tips-

Please refer to the Nymbbl website: www.nymbblscience.com for more information and to explore their Denver -based program based on solid balance research

1. Adjust your stance
2. Focus on your footing-stepping heel-toe with walking. Feel the surface you are walking on
3. Talk while moving-train your brain and body to work together
4. Lift your feet over imaginary objects
5. Shift your weight from one leg to another
6. Rise up from a chair more than once
7. Note objects on floor when walking-scan your surroundings and make mental notes
8. Focus on an object across the room when moving your head
9. "Dance" every day-can be done seated
10. Practice putting less weight on your walker or cane for short distances or a time frame.