

Notes :

First phase of some balance exercises to work on. If these are easy to perform, move on to phase 2.

Please consult your healthcare practitioner before performing any of these exercises.

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1 Anteroposterior shift+flex.



Sets: 2-3 Freq: Daily Hold: 30 seconds

Stand with your back straight and the feet slightly apart and help your balance by holding a chair in front of you. Slowly transfer your weight on your toes by raising the heel and then bring the weight back on the heels by raising the forefoot. Repeat.

2 Forward step+weight transfer



Sets: 2-3 Freq: Daily Hold: 30 seconds

Stand up with your feet slightly apart and your back straight. Take a step forward and transfer your weight to the front leg by pushing the hips in front. Hold the position for a few seconds and come back to the starting position. Repeat with the other leg.

3 Lateral weight transfer



Sets: 2-3 Freq: Daily Hold: 30 seconds

Standing with your feet slightly apart, back straight and arms on your sides. Shift your weight on your right and on your left, going the farthest that you can go without losing balance and keeping the foot on the ground.

4 Standing static balance



Sets: 2-3 Freq: Daily Hold: 30 seconds

Take a standing position with your feet together. Maintain the position.

5 Walk while counting down



Sets: 2-3 Freq: Daily Hold: 30 seconds

Perform this exercise near a wall or counter top for increased safety. Walk at a comfortable pace and count down loud (20-19-18...). Repeat.

6 Marching / Hip flexion



Sets: 2-3 Freq: Daily Hold: 30 seconds

Stand straight with a steady object in front of you.
Put only the tips of your fingers on the object only to keep your balance.
Lift one knee toward your chest while keeping your balance.
Return to the starting position and repeat with the other side.

7 Balance (foot on a step)



Sets: 2-3 Freq: Daily Hold: 30 seconds

Stand in front of a step or phonebook. Put one foot on the step without bending forward and keep the weight on the back leg. Maintain the position for a few seconds and bring the leg back on the ground. Repeat with the other leg. For added safety, do this exercise close to a stable object that you can hold to for balance (table, chair, counter top).