

Notes :

Some various balance exercises to work on. Please consult your healthcare practitioner before performing any of these exercises.

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1 Static split stance position



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

Standing in a split stance position with your arms relaxed at your side, hold the position and keep your balance for the prescribed time. Repeat by changing the leg in the front position. To progress, cross your arms over your chest. Do this exercise near a wall corner or a stable object/surface (counter top, chair).

2 Closed eyes balance



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

Stand with your feet together as close as possible and keep your balance. When ready, close your eyes and maintain position without any support. Ideally execute this exercise in the corner of a wall or near a solid surface (counter, chair).

3 Balance on one foot



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

Stand on one foot and hold the position. Do this exercise on a wall corner or near a stable object for balance. Make sure to keep the trunk upright.

4 Balance semi-tandem position



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

Stand with your arms along your body. Place your feet together with your right foot slightly in front of the left foot. Maintain position. Repeat with foot position switched. To progress, repeat the exercise with arms crossed over the chest. Practise this exercise near a hard surface (counter, chair).

5 Lateral weight transfer



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

Standing near a chair or stable object (table, counter top) with feet slightly apart. Reach sideways as to touch an imaginary target by shifting the weight on the left and on the right foot while keeping your balance. Repeat on each side as prescribed.

6 Walking w/ head rotation



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

Perform this exercise near a wall or counter top for increased safety. Walk at a comfortable speed while turning your head to look right and left without stop walking.