



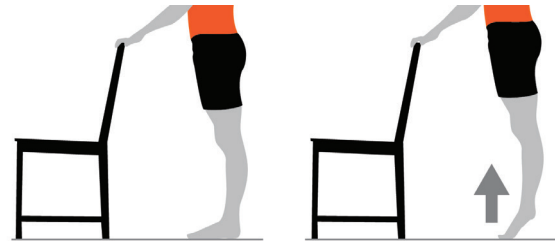
## EXERCISES TO IMPROVE BALANCE

### STRENGTH

#### DOUBLE-LEG HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

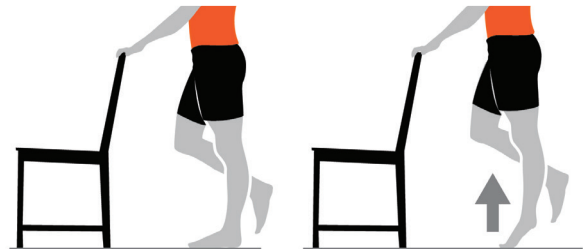
- Hold 10 seconds
- Repeat 10 times
- Do 1 set



#### SINGLE-LEG HEEL RAISES

Standing on one leg, raise up on your toes and lift your heel off the ground.

- Hold 2 seconds
- Perform 10 times
- Do 2 sets



#### SIT TO STAND – NO SUPPORT

Scout close to the chair front. Lean forward at your trunk reaching forward with your arms. Keep arms raised as you rise to standing without using your hands to push off from the chair or other object.

- Perform 8 times
- Do 3 sets



### POSTURE

#### WALL ANGELS

Stand with your back against a wall with arms raise to 90°.

While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown.

- Perform 10 times
- Do 3 sets



**For an individualize program tailored to your specific needs, please call our office to arrange an appointment with a physical therapist.**

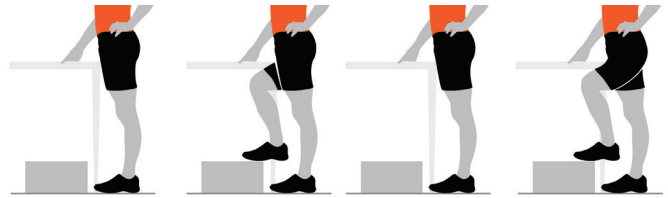
*Disclaimer: This is a general exercise program. Please do these exercises to the level of your safety and ability. It is recommended that they are done under supervision or under the direction of a physical therapist.*

## BALANCE

### TOE TAPS ON STEP – ALTERNATING

Stand in front of a step and raise one foot off the floor as you balance on the other leg. Tap the top of the step with your toes. Lift high enough to not bump the front of the step with your toes. Set your foot back down and perform on the other side. *Use table for balance if needed.*

- Perform 2
- Do 2–3 sets



### BACKWARD WALKING

Walk backwards 10 steps. As you take steps backward, lead with the toe touching the floor first and then roll to a flat foot.

*Use a railing or a countertop to steady yourself as needed.*

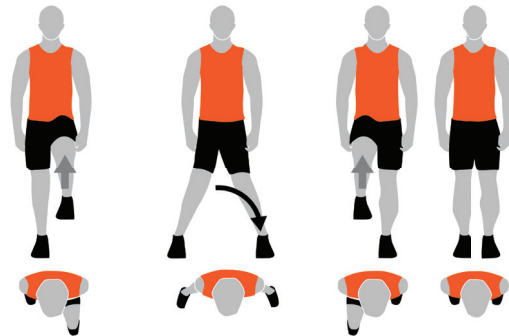
- Perform 10 total backward steps
- Do 3–5 sets



### HIGH-KNEE SIDE STEP

Raise your knee up high while placing each foot alternately into each square as you move sideways 10 steps with each foot. Increase your speed as you improve. *Hold onto a counter or railing to steady yourself as needed.*

- Take 10 steps left then 10 steps right
- Do 3–5 sets both directions



### TANDEM STANCE

With a counter or chair in front of you for safety, try to line your feet together so the heel of your front foot is touching the toes of your back foot.

- Try to hold for 15 seconds, even if hands are needed
- Give yourself 3 tries on each side

### TANDEM STANCE



### SINGLE-LEG STANCE



### SINGLE-LEG STANCE

Stand on one leg and maintain your balance.

*Keep a chair or a counter in front of you for safety.*

- Try to hold for 15 seconds, even if hands are needed
- Give yourself 3 tries on each side

### TARGET TAPS

Begin by standing on one leg. Using the other leg, tap your foot to each target (as pictured) and return to the center each time. *Use a railing or countertop to steady yourself if needed.*

- Progress through each target 10 times
- Switch legs and repeat

