

Notes :

Progress to the next activity once you are able to do the current level for 30 seconds

1 Balance**Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec**

Stand in front of a counter.

Place your feet as close together as possible.

Try to keep standing in this position without holding on.

**2 Balance eyes closed****Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec**

Stand in front of a counter.

Place your feet as close together as possible.

Once you are steady, close your eyes and try to keep standing without holding on.

**3 Balance - unstable surface****Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec**

Stand in front of a counter on a foam or pillow. Place your feet as close together as possible. Try to keep standing in this position without holding on.



4 Balance - unstable surface eyes closed



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter on a foam or pillow.

Place your feet as close together as possible.

Once you are steady, close your eyes and try to keep standing without holding on.



5 Balance - stride stance



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter. Place your feet one in front of the other like taking a step. Try to keep standing without holding on.

Repeat with feet reversed



6 Balance - stride stance eyes closed



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter. Place your feet one in front of the other like taking a step. Once you are steady, close your eyes and try to keep standing without holding on.



Repeat with feet reversed

7 Balance - stride stance unstable surface



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter on a foam or pillow.

Place your feet one in front of the other like taking a step. Try to keep standing without holding on.



Repeat with feet reversed

8 Balance - stride stance unstable surface eyes closed



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter on foam or pillow.

Place your feet one in front of the other like taking a step. Once you are steady, close your eyes and try to keep standing without holding on.



Repeat with feet reversed

9 Tandem stance with eyes open



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter. Place your feet one in front of the other in line so that the heel of the front foot touches the toes of the back foot. Try to keep standing without holding on.



Repeat with feet reversed

10 Tandem with eyes closed



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter. Place your feet one in front of the other in line so that the heel of the front foot touches the toes of the back foot. Once you are steady, close your eyes and try to keep standing without holding on.



Repeat with feet reversed

Progressions:

- 1) on unstable surface
- 2) on unstable surface with eyes closed

11 Single leg stance balance



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter. Lift one leg off the ground so as to stand on one foot. Try to keep standing without holding on



12 SLS eyes closed



Sets: 1 Reps: 4 Freq: Daily Hold: 30 sec

Stand in front of a counter. Lift one leg off the ground so as to stand on one foot. Once you are steady close your eyes. Try to keep standing without holding on.



13 Single leg stance on unstable surface



Sets: 1 Reps: 4 Freq: daily Hold: up to 30 seconds

Stand on a mattress with your feet comfortably apart.
Lift one foot and balance yourself on the other leg.
Get back on two feet and repeat.



Repeat with eyes closed