



# Balance Routine

Created By: Mark Pearson

## General Safety Tips:

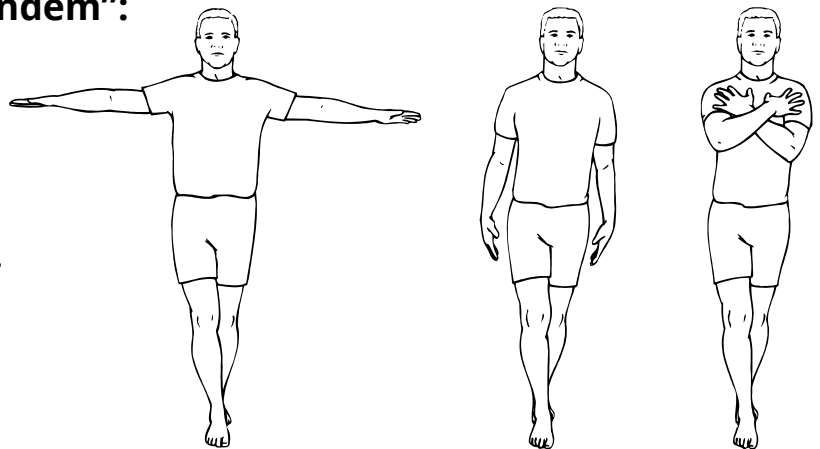
The purpose of these exercises is to improve the ability to maintain balance during sitting, standing, or walking activities; and to increase one's general activity level and safety in a variety of home and community situations.

For your safety, all exercises must be performed close to a support surface (wall, countertop) or next to someone.

Only perform these exercises as instructed.

## Static Balance - Feet Heel-To-Toe "Tandem": Varied Arm Positions

With right foot directly in front of the other, and arms out, look straight ahead at a stationary object. Repeat with left foot in front.



Hold 15 seconds.

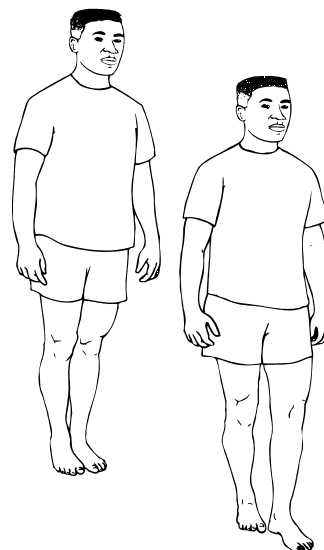
Repeat 2 times per session.

## Dynamic Walking Heel-To-Toe

Place feet closer together than normal width and walk while maintaining a straight path; feet heel-to-toe.

Repeat while moving head side to side.

Repeat for 2 minutes. Do 2 sessions per day.



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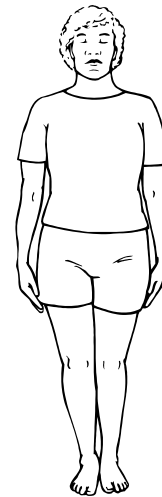
UNITED  
FITNESS  
*Center*

## Static Balance Eyes Closed: Feet Together

Stand with feet together. Close eyes and visualize upright position. Perform with arms at sides.

Hold 10 seconds. Repeat 2 times per session.

Do 2 sessions per day.

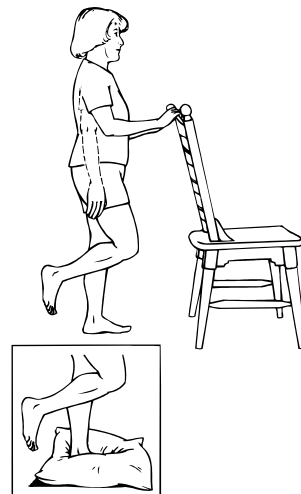


## Static Balance Single Leg (Varied Surfaces)

Holding on to support, lift right leg up while maintaining balance over single leg. Progress to removing hands from support surface for longer periods of time.

Hold 15 seconds. Repeat with left leg lifted. Repeat 2 times per session.

Repeat on compliant surface as tolerated.



## Hot Potato Throwing Ball/Fruit with Eye Tracking

With feet shoulder width apart, throw a small ball from hand to hand. Track movement of ball with head and eyes.

Repeat 15 times per session. Do 2 sessions per day.

Repeat with feet together.

