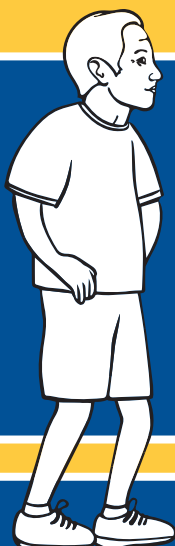


AT HOME BALANCE EXERCISES



Guidelines

- These exercises will help improve your balance and movement confidence.
- Try to do each exercise daily.
- Some of the exercises can be done as you move about the house e.g. walk on your tip toes down the hallway.
- Be sure to do ALL the exercises, not just the ones you find easy.
- Look straight ahead when doing the exercises.
- **Start by holding onto a wall, the kitchen bench or a sturdy piece of furniture – as your confidence improves, do the exercises without support.**



Heel Toe Stand

- Place one foot directly in front of the other.
- Hold this position for at least 10 seconds.
- Swap feet around and repeat 3-4 times.
- As you improve increase the holds to 20-30 seconds.

1



Sideways Steps

- Face straight ahead while stepping to the side. Lift your foot up and off the ground when stepping.
- Take 8-10 steps to the left, then 8-10 steps to the right.
- Repeat several times.

2



Toe Walking

- Walk 10-12 steps on your tip toes.
- Turn around and repeat 5-6 times.
- Look straight ahead and hold onto something if need be.

3



Heel Walking

4

- Walk 10-12 steps on your heels (your toes should be off the ground).
- Turn around and repeat 5-6 times.
- Look straight ahead and hold onto something if need be.



Slow Walk with High Knees

5

- Slowly lift one knee until the thigh is parallel to the floor.
- Step over an imaginary object.
- Bring the other leg forward, again pretend to step over an object.
- Continue this movement down the hallway.



Heel Toe Walking

6

- Place one foot directly in front of the other so they form a straight line.
- Look straight ahead then place the foot behind directly in front.
- Repeat for 12 steps.
- Turn around and repeat a few more times.



Backwards Walking

7

- Make sure the way is clear behind you.
- Look straight ahead while walking backwards for 10 steps.
- Turn around and repeat several times.



One Leg Balance

8

- Stand on one leg.
- Try to hold this position for 10 seconds.
- Stand on the other leg. Repeat 3-4 times.
- As your balance improves try to hold the one leg stand for longer and/or try slowly moving your arms about.