Balance Exercises
(Low level)

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in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

St Helens Reablement Team

Name:	
DOB:	
Therapist:	
Date compiled:	

Balance exercises (low level)

Goal:	

These exercises are designed to improve your standing balance

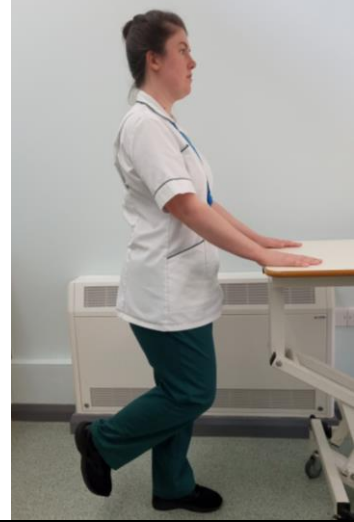| Exercise	Picture
Sideways walking (holding onto worktop) 1. Stand with your feet together, knees slightly bent. 2. Step sideways in a slow and controlled manner, moving one foot to the side first. 3. Move the other to join it. Avoid dropping your hips as you step. Perform 10 steps each way or step from one side of the room to the other. **Repetitions:**	
Heel-toe walk (holding onto worktop) 1. Holding onto work surface with one hand, standing upright, place your right heel on the floor directly in front of your left toe. 2. Then do the same with your left heel. Make sure you keep looking forwards at all times. Try to perform at least five steps. **Repetitions:**	

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One leg stand (holding onto worktop) 1. Start by standing holding a sturdy surface e.g. kitchen counter top. 2. Lift your left leg and keep your hips level and keep a slight bend in the opposite leg. Hold for 5-10 seconds. Gently place your foot back on the floor. 3. Repeat with right leg **Repetitions:**	
Standing unsupported feet apart, eyes open 1. Hovering your hand over a sturdy surface, widen your feet and stand unsupported for 1 minute 2. Increase this time each time if you can **Repetitions:**	
Standing unsupported feet apart, eyes closed 1. Hovering your hand over a sturdy surface, widen your feet, close your eyes, and stand unsupported for 1 minute 2. Increase this time each time if you can **Repetitions:**	
Precautionary Notes	