

Seated Balance

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View at "www.my-exercise-code.com" using code: Z2MGCQD

Total 7



SEATED FORWARD REACH

Perform while sitting on the edge of the bed or a chair with no back support, hold a ball or light weight.

Next, reach forward until you feel a little unsteady, then return to starting position.

Repeat 10 Times
 Hold 0 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day



SEATED UPWARD REACH

Perform while sitting on the edge of the bed or a chair with no back support, hold a ball or light weight. Keep stomach tight, sit tall, and raise arms overhead reaching for the ceiling. Lower slowly and repeat.

Repeat 10 Times
 Hold 0 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day



SEATED SIDE BEND

Perform while sitting on the edge of the bed or a chair with no back support, both feet flat on the floor and your hands on your thighs.

Lean towards one side and then return back to center, repeat on same side for 10 repetitions and then repeat on opposite side.

Repeat 10 Times
 Hold 0 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day



SEATED TRUNK ROTATION

Perform while sitting on the edge of the bed or a chair with no back support, both feet flat on the floor.

Clasp hands shoulder height and turn to one side as far as you can without losing balance. Next, bring hands back to midline. Repeat on same side for 10 repetitions and then repeat on opposite side.

Repeat 10 Times
Hold 0 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



SEATED CHOP WITH BAND

Perform while sitting on the edge of the bed or a chair with no back support, both feet flat on the floor. Sit with theraband loop wrapped around your foot.

Pull band with both hands up to the side and overhead. Eyes should follow your hands. Then lower back towards your knee.

Repeat on same side for 10 repetitions and then repeat on opposite side.

Repeat 10 Times
Hold 0 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



SEATED LEAN BACK

Perform while sitting on the edge of the bed or a chair with no back support, both feet flat on the floor.

Hold both hands straight at shoulder height. Lean back as far as you can without losing balance. Return back to neutral.

Repeat 10 Times
Hold 0 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



SEATED MARCHING

Perform while sitting on the edge of the bed or a chair without back support. Draw your knee up, hold for 5 sec, set it down, and repeat.

Perform all repetitions on one leg first.

Repeat	10 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day