

Standing balance

Created by Nicole Del Greco, PT Mar 12th, 2019

View at "www.my-exercise-code.com" using code: Q5BBQ3C

Total 6



Static Balance: Rhomberg position on floor

Standing with your feet together and arms across your chest, practice keeping your balance with your eyes open. Stand next to a wall or stable surface for balance support if needed.

OPTION: Do the same exercise with your eyes closed to increase the challenge

OPTION: Add arm movement- arms across chest to straight, repeat 10 times

Repeat	3 Times
Hold	30 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat	3 Times
Hold	30 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



WEIGHT SHIFT - DIAGONAL

While in a standing position and knees partially bent, place one foot forward and one foot back in a staggered stance. Next, slowly shift your body weight diagonally towards the front foot and then towards the back foot.

Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day



WEIGHT SHIFT - LATERAL

While in a standing position and knees partially bent, slowly shift your body weight side-to-side.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



TANDEM STANCE AND WALK

Stand with one foot directly in front of the other so that the toes of one foot touches the heel of the other. Hold in this position

OPTION: Progress by taking steps forward with your heel touching your toes with each step.

Repeat 3 Times
Hold 30 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



BALANCE WITH HEAD TURNS

Standing with your feet together and hands at your side or holding onto a stable surface. or just a finger to help with balance. Make sure you are safe, stand with either the corner of a wall behind your or a sturdy chair. Slowly turn head to each side while maintaining balance, pause for 5 seconds at each side.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day