

# Balance Training Package

## GENERAL INSTRUCTIONS:

- Complete 8 to 10 repetitions. Perform daily.
- Hold a sturdy object if needed for all standing exercises.
- Remember to breathe normally.
- Do not perform any exercise that causes you pain or discomfort. Speak to your exercise therapist for another option.

## ANKLE ROTATIONS

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Rotate the ankle clockwise. Repeat counter-clockwise.



## TOE LIFTS/HEEL LIFTS

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Lift the toes upward, and then lower slowly until toes reach the floor.
- Lift heels off the floor, then release slowly until the heels reach the floor



## STAGGERED STANCE

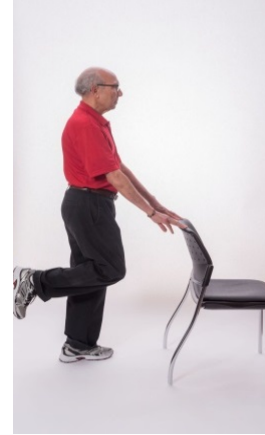
- Stand with your feet hip-distance apart.
- Step forward with your right foot. The closer your feet are together, the harder this exercise will be.
- Find an optimal foot width position to challenge yourself for the duration of the exercise.
- Change your leg position to repeat on the opposite side.



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## SINGLE LEG STANCE

- Stand with your feet together. Bend one knee to lift one foot off the ground. Place the hands on a chair in front of you for balance.
- Hold this position.
- Progression: Repeat exercise while slowly turning the head side to side.



## CLOCK TAPPING

- Stand with your feet hip-distance apart.
- Imagine a clock drawn on the floor, 12:00 being straight in front of you and 6:00 directly behind you.
- Balance on your left foot, tapping your right foot down starting at 12:00 and working your way clockwise towards 6:00.
- Now balance on your right foot down starting at 12:00 and working your way counter clockwise towards 6:00.
- Progression: Complete the full clock circle, crossing over the standing leg to reach 3:00 and 9:00.

