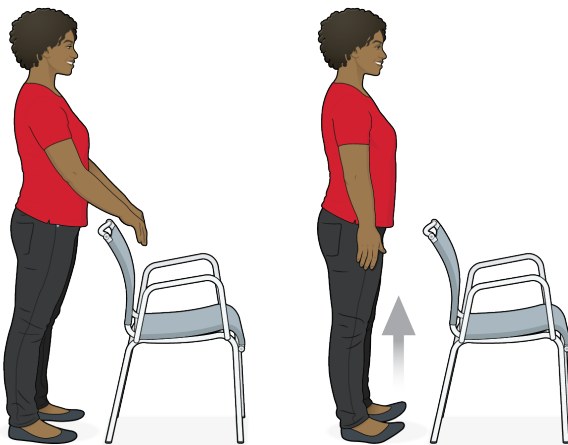
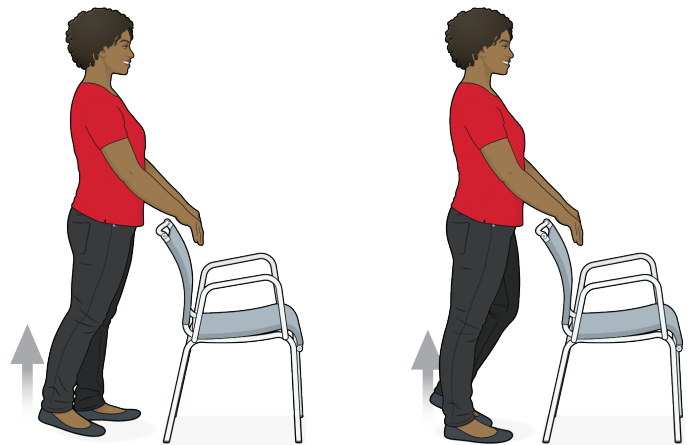


# Balance Exercises

Start your balance training by holding on to something stable and trying to stand on one leg at a time several times per day. Add in some other exercises along the way to help you get more balance and avoid falls.

## Single Leg Balance

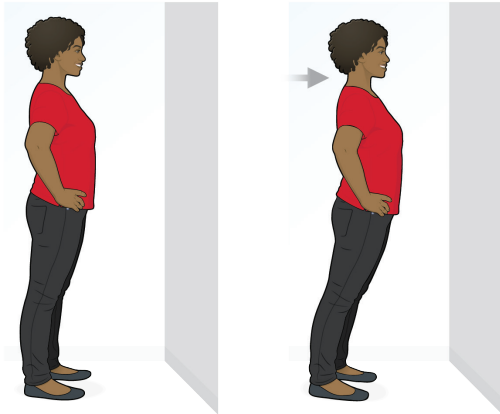
- Stand with a chair in front of you to hold on to for balance, if needed.
- Raise your right foot off the ground.
- Hold it there for 10 to 20 seconds.
- Put your right foot back on the ground.
- Raise your left foot.
- Hold it up for 10 to 20 seconds.
- Repeat for one minute.



## Toe Raise

- Rock back on your heels while standing up.
- Repeat this 20 times.

# Balance Exercises



## ■ Forward Lean

- Stand in front of a wall for the with your hands on your hips.
- Lean forward.
- Hold 10 to 15 seconds.

## ■ Three-way Leg Swing

- Stand on one foot, with your hands on your hips or, if you need to, hold a chair or wall.
- Keeping your leg straight, move your raised foot forward and hold it there for 5 seconds.
- Put your foot back on the ground.
- Repeat the forward lift 10 times.
- Now lift it sideways 10 times.
- And finally, backwards 10 times.
- Repeat with other foot.

