

Healthfx Physiotherapy
 By Appointment Only
 Duplex Ave.
 Toronto, ON

1 Set / 3 Reps / 60 s hold



1. Balance, standing, beside chair

Start in a standing position with your feet at hips width apart with a chair or table beside you for safety and support.
 Try and stand in this position for as long as directed.

1 Set / 3 Reps / 60 s hold



2. Balance, tandem stance, feet apart, behind chair

Stand near a chair or table, with one foot in front of the other and your front foot stepped out to the side a little to improve your stability.
 The toes of your back foot should be in line with the heel of your front foot.
 Spread your weight evenly across both feet.
 Hold this position for as long as directed and then switch feet and repeat.

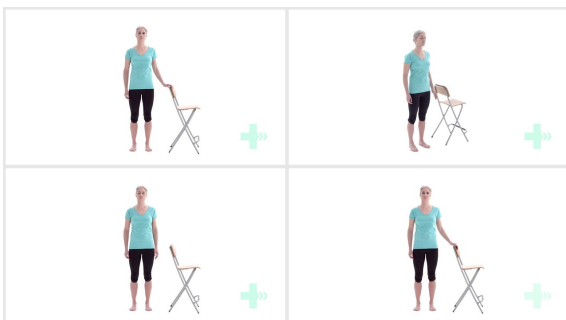
1 Set / 3 Reps / 60 s hold



3. Balance, standing, behind chair

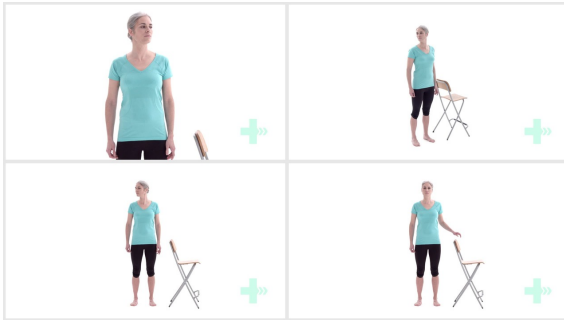
Start in a standing position with your feet together with a chair or table beside you for safety and support.
 Try and stand in this position without support for as long as you can.

1 Set / 3 Reps / 60 s hold



4. Balance, standing, eyes closed, beside chair

Stand up straight with your feet shoulder width apart, close to a sturdy object to hold onto for stability.
 Get your balance and close your eyes, and let go of your support.
 Hold this position for as long as you can.

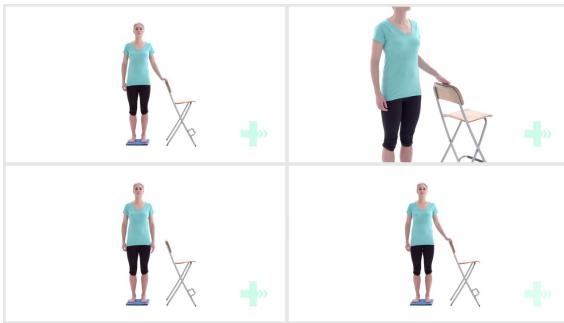


5. Balance, standing, turning head, beside chair

Stand up straight with your feet shoulder width apart, close to a sturdy object to hold onto for stability.

Slowly turn your head from side to side.

As you feel more confident, increase the speed of your head turning.



6. Balance, standing, on foam mat, beside chair

Stand up straight on a balance mat, your feet shoulder width apart.

Get your balance, keeping the support nearby if you need it.

Hold this position for as long as you can.