

Healthfx Physiotherapy
 By Appointment Only
 Duplex Ave.
 Toronto, ON

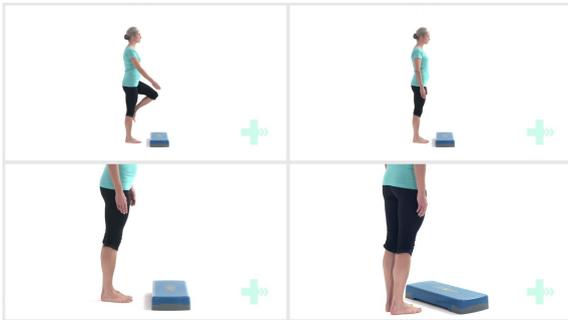
1 Set / 3 Reps / 60 s hold



1. Balance, tandem stance, behind chair

Stand near a chair or table, with one foot in front of the other. The toes of your back foot should just touch 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. If this is difficult, move the front foot to the side a little to improve your stability.

3 Sets / 20 Reps



2. "Step ups" Hip/knee extension strengthening - with marching warm up

Stand at the bottom of a step with a rail or chair nearby for support. Practice marching on the spot, lifting your knees up high. To increase the difficulty, use a step. Place your right foot on the step, then step up with the left leg. Step back down with the right leg, followed by the left. Repeat this exercise, then change to lead with the left leg and repeat the sequence.

1 Set / 3 Reps / 60 s hold



3. Balance, single-leg, eyes open, near support

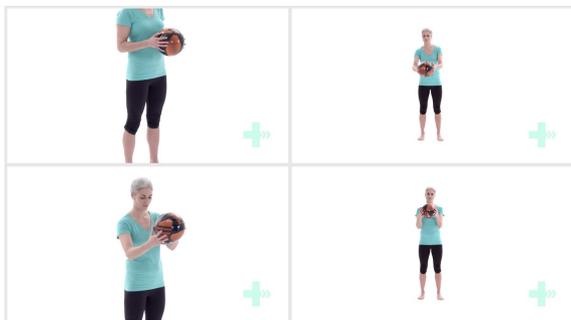
Balance on your symptomatic leg for as long as you can. Keep your gaze horizontal. You may want to be close to a solid object to hold on to if needed. Do not rest your raised leg on the stance leg.

1 Set / 3 Reps / 60 s hold



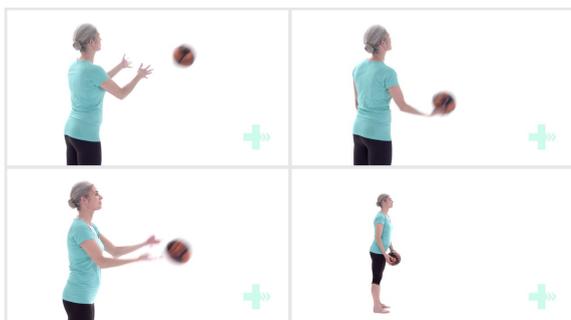
4. Balance, standing, turning head, eyes closed, feet together, beside chair

Stand up straight with your feet shoulder width apart, close to a sturdy object to hold onto for stability. Step your feet together so that your ankles are touching. Get your balance and close your eyes, keeping the support nearby if you need it. Slowly turn your head from side to side. As you feel more confident, increase the speed of your head turning.



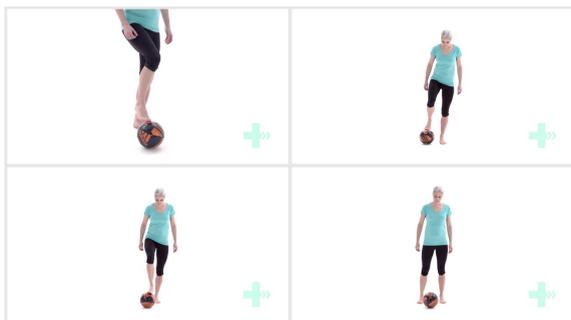
5. Balance, standing, bouncing ball against floor

Stand up straight with your feet shoulder width apart.
 Bounce a medium sized ball on the floor, hard enough so it should bounce back to you.
 If this is difficult to do with both arms, then use your strongest arm.



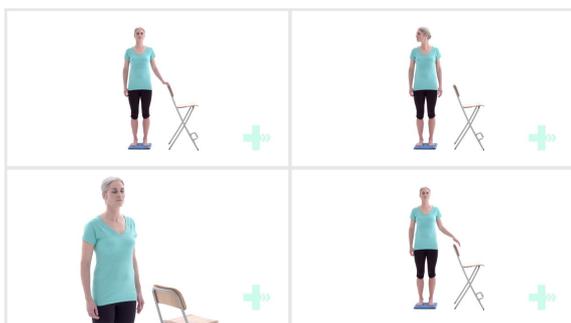
6. Balance, standing, throwing/catching ball against wall - with variations

Stand up straight in front of a solid wall.
 Bounce a medium sized ball against the wall, hard enough so that it bounces back for you to catch.
 If this is difficult to do with both arms, then use your strongest arm.
 Try changing where the ball hits the wall, so that you have to reach to the side to catch it.
 If this seems too easy then try using a tennis ball.



7. Balance, single-leg, rolling ball, with opposite foot

Stand up straight and Place a ball under one foot.
 Keeping your balance, roll the ball forwards and backwards, then try rolling it from side to side.
 Your stance leg will be the leg getting exercised.



8. Balance, standing, turning head, on a foam mat, beside chair

Stand up straight on a balance mat, with your feet shoulder width apart.
 Get your balance and slowly turn your head from side to side, keeping the support nearby if you need it.