

Healthfx Physiotherapy
 By Appointment Only
 Duplex Ave.
 Toronto, ON

2 Sets / 20 Reps



1. Balance, single-leg, touching cup, with opposite foot

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

Place a plastic cup on the floor in front of you.

Trying to balance unaided, lift up your foot and gently tap the top of the cup, before bringing your leg back down again.

This exercise should be completed in a slow and controlled fashion.

The stance leg will be getting strengthened, whilst you work on improving the coordination on the elevated leg.

3 Sets / 10 Reps / 1 s hold



2. Balance, tandem stance, turning head, arms out to side, beside chair

Stand 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.

Turn your head one way then the other.

Hold this standing position for as long as you can whilst continuing to turn your head.

3 Sets / 8 Reps



3. Lunge, forward (alternate); 02

Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking.

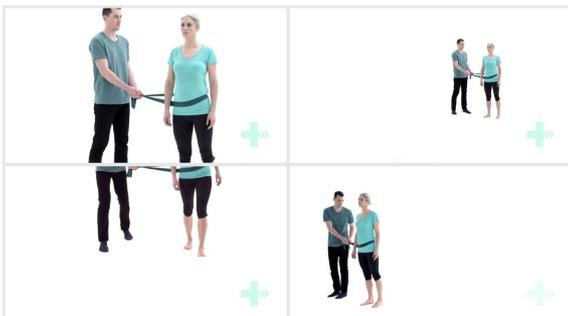
Stand straight with your arms to the side or on your hips, have a chair close by for support if required.

Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees

Push back up to the starting position and repeat on the other leg.

Keep your body upright and straight throughout the movement.

2 Sets / 5 Reps



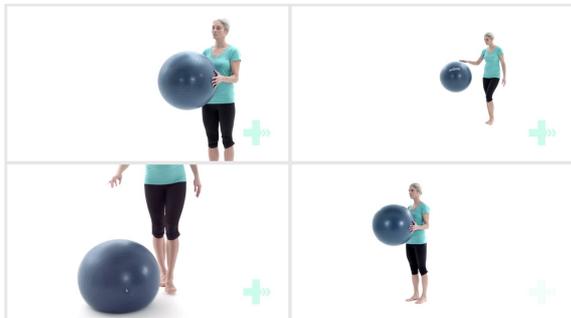
4. 'Gait' Walking forward, with resistance to side; 01

Stand up straight with a clear path in front of you.

Ask an assistant to place a resistance band around your waist and have them hold both ends whilst they stand to your side.

Walk forward in a straight line whilst the assistant applies a resistance, pulling you to the side.

Aim to keep walking at a steady pace in a straight line, with a normal step length.



5. Balance, tandem walking, bouncing a large ball

Stand up straight with a clear path in front of you.
 Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.
 Walk along this line on the floor as if you are walking a tightrope.
 Bounce a ball with one hand whilst trying to keep walking in a straight line.
 Ensure you keep your posture throughout this movement.

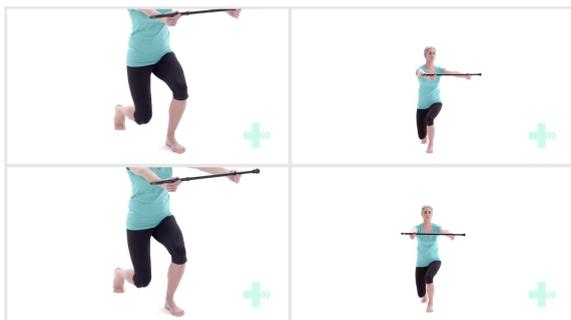
3 Sets / 1 Rep / 1 min duration



6. Balance, tandem walking, tossing ball

Stand up straight with a clear path in front of you.
 Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.
 Walk along this line on the floor as if you are walking a tightrope.
 Throw a tennis ball up into the air and catch it again whilst continuing to walk in a straight line.

2 Sets / 10 Reps / 1 s hold



7. Lunge, forward, with trunk rotation, holding a stick

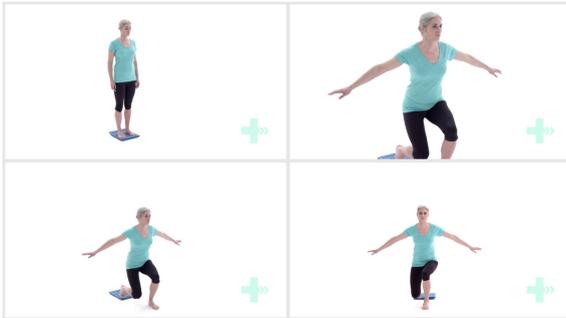
Stand up straight holding a stick horizontally in both hands.
 Take a large step forwards onto one leg, then drop your hips directly down between both feet, bending your hips and knees to a 90 degrees.
 As you bend your legs, rotate your body over the front leg, guiding the movement with the stick.
 Push back up to the starting position, and repeat.
 Make sure you take a large enough step that your front knee does not travel over your foot, and ensure your knee travels directly forwards.

3 Sets / 40 Reps



8. "VRT balance" Turning head right/left VOR x1 gaze fixed, tandem walking; 01

Stand up straight with a clear path in front of you.
 Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.
 Keep your eyes focused on an object within your eye line and turn your head from side to side.
 Walk along the line on the floor as if you are walking a tightrope, whilst continuing to turn your head.
 Your eyes should not move from the object.
 As you feel more confident, increase the speed of your head turning.



9. Balance, standing, lunging forward, from mat

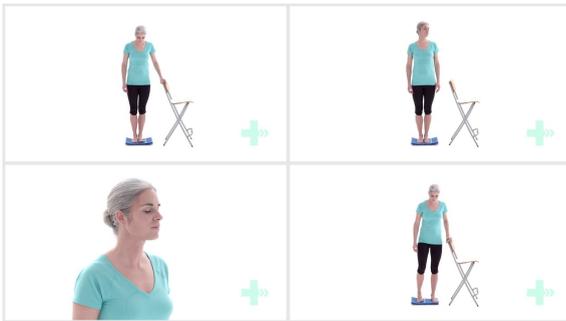
Stand up straight on a balance pad.

It may be helpful to have the balance pad against a wall behind you, to prevent it from sliding.

Take a large step forward off the balance pad onto the floor in front.

Lunge straight down, bending both knees as much as you can, dropping your back knee towards the floor.

Hold this position before stepping back onto the balance mat.



10. Balance, standing, turning head, eyes closed, feet together, on foam mat, beside chair

Stand up straight close to a sturdy object to hold onto for stability if needed.

Your feet should be touching.

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

Slowly turn your head from side to side.

You could use a stopwatch to time yourself, aiming to increase the length of time with every repetition.