Balance Exercises: Part 1

Physical Therapy Home Program

Name ___________________________________ Date ____________________________

Therapist ___________________________________ Phone number ________________

Instructions

• Use a sturdy surface (like a kitchen counter) for balance, or stand with your back to a corner or doorway. It is a good idea to have a wall (or chair) behind you for safety.

• Stop if you begin to feel dizzy. If you keep feeling dizzy, sit down.

• Work hard, but stay within your level of comfort.

• To make exercises harder, slowly increase your (reps) repetitions or the amount of time you hold each exercise.

• Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.

• Do not hold your breath as you exercise.

How often to exercise

Do these exercises: ____________________________

____________________________

Special instructions

____________________________________

____________________________________

____________________________________

____________________________________
☐ **Ankle sways**

Stand with your feet shoulder-width apart. Hold on to a kitchen counter or sturdy chair.

Slowly shift your weight forward and backward. Do not move far. Do not bend your hips. Keep your feet flat as you move your body over your feet, as if you are stuck in cement.

Repeat _____ times. Do this _____ times per day.

☐ **Standing feet together**

Stand with your feet together. Look straight ahead at an unmoving object. Your arms should be:

☐ Out at your sides.

☐ Resting at your sides.

☐ Across your chest.

Hold _____ seconds. Repeat _____ times. Do this _____ times per day.
☐ Standing heel to toe

Stand with your right / left foot in front of the other foot. Look straight ahead at an unmoving object. Your arms should be:

☐ Out at your sides.
☐ Resting at your sides.
☐ Across your chest.

Hold _____ seconds. Repeat _____ times. Do this _____ times per day.

☐ Standing feet apart, eyes closed

Stand with your feet shoulder-width apart. Close your eyes. Your arms should be:

☐ Out at your sides.
☐ Resting at your sides.
☐ Across your chest.

Hold _____ seconds. Repeat _____ times. Do this _____ times per day.

☐ Standing feet together, eyes closed

Stand with your feet together. Close your eyes. Your arms should be:

☐ Out at your sides.
☐ Resting at your sides.
☐ Across your chest.

Hold _____ seconds. Repeat _____ times. Do this _____ times per day.
☐ **Head turns**

While standing in place, move your head:
- ☐ From side to side.
- ☐ Up and down.

While walking, move your head:
- ☐ From side to side.
- ☐ Up and down.

Repeat _____ times. Do this _____ times per day.

☐ **Marching in place**

Slowly march in place, lifting your knees toward the ceiling.

Hold _____ seconds. Repeat _____ times.

Do this _____ times per day. Repeat on

__________________________ (surface type).