



Balance Resources and Activities

Single Leg Balance



Sets: 2 **Reps:** 20-30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a standing position with your feet shoulder width apart. Lift single leg off of ground and hold this position for the duration indicated. You may alternate which foot you are balancing on as directed.

Tandem Balance



Sets: 2 **Reps:** 20-30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a standing position with your feet shoulder width apart. Place one foot in front of the other so the toes of one foot touch the heel of your opposite foot. Maintain your balance in this position for indicated duration. You may alternate which foot is placed in front as directed.

Single Leg Balance on Pillow



Sets: 3 **Reps:** 10" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin by stepping onto pillow with feet shoulder width apart. Slowly raise one leg, maintaining balance on affected leg for as long as possible. Repeat as directed.

Single Leg Balance with Ball Toss



Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin in a standing position with your feet shoulder width apart. Lift single leg off of ground. While balancing toss ball back and forth while maintaining the single leg balance for the indicated duration. You may alternate which foot you are balancing on as directed.



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Walk on Balance Beam



Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin by standing in front of balance beam. Step onto beam and slowly walk across while maintaining your balance. Once at end turn around and repeat in opposite direction. Continue as directed.