

# Balance Exercise Handout

1. Warm-up: 5 minutes
2. Balance Exercises: 15 minutes
3. Walking: 10-15 minutes
  - Do 2 times per day

## Tips for exercising

1. Wear comfortable clothes and shoes
2. Drink water before and after exercise
3. Do exercises slowly and gently
4. If you feel pain STOP that exercise and notify the RN staff
5. Notify the RN staff if you experience
  - Dizziness
  - Chest pain
  - Shortness of breath

## Warm-up Exercises



## Head Movement



### Instructions

- Look forward
- Turn your head to the right (hold 5 seconds)
- Turn your head to the left (hold 5 seconds)
- Repeat 5 times to each side

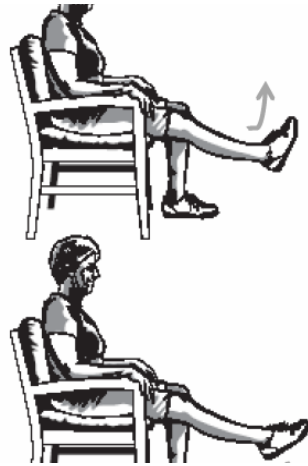
## Neck Movement



### Instructions

- Look forward
- Put your hand on your chin and push your head backwards
- Repeat 5 times to each

## Ankle Movements



### Instructions

- Lift your leg up
- Point your toes forward then backwards
- Repeat 10 times

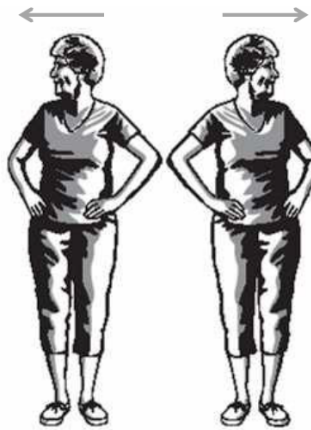
## Back Extension



### Instructions

- Stand up tall
- Put your hands on the small of your back
- Slightly lean backwards
- Hold for 5 seconds
- Repeat 5 times

## Trunk Movements



### Instructions

- Stand up tall
- Put your hands on your hips
- Turn your shoulders to the right
- Turn your shoulders to the left
- Repeat 5 times

## Balance Exercises



## Knee Bends-with support



### Instructions

- Hold on to the table or chair with both hands
- Stand with your feet apart
- Bend your knees slightly then straighten up
- Repeat 5 times

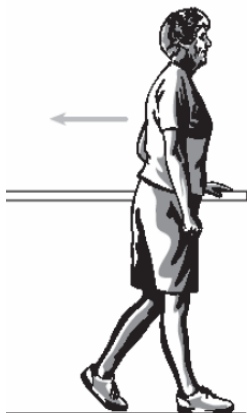
## Knee Bends-No support



### Instructions

- Stand near a table or chair
- Stand with your feet apart
- Bend your knees slightly then straighten up
- Repeat 5 times

## Backwards Walking



### Instructions

- Hold on to the table
- Walk backwards 5 steps
- Turn around
- Walk backwards 5 steps

As Strength and balance increase progress from one hand to no hands

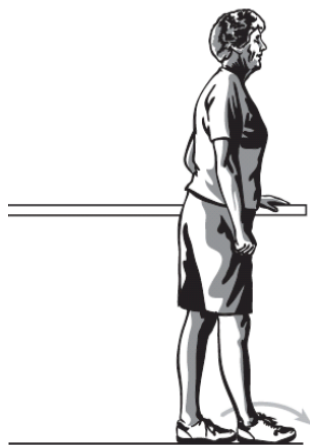
## Sideways Walking



### Instructions

- Stand near a table (or hold on to the table)
- Take 5 side-steps to the right
- Take 5 side-steps to the left
- Repeat up to 2 times

## Heel Toe Standing



### Instructions

- Hold on to the table
- Place one foot in front of the other so that they form a straight line
- Hold for 5 seconds
- Now place the other foot in front to form a straight line
- Hold for 5 seconds

As Strength and balance increase progress from one hand to no hands

## Heel Toe Walking



### Instructions

- Hold on to the table
- Place one foot in front of the other to form a straight line
- Take 5 heel-to-toe steps forward
- Repeat up to 2 times

As Strength and balance increase progress from one hand to no hands



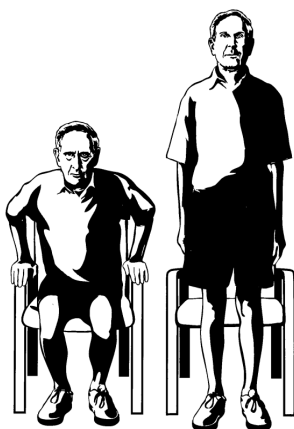
## One Leg Stand



### Instructions

- Hold on to the table
- Stand on one leg
- Hold for 5-10 seconds
- Stand on the other leg
- Hold for 5-10 seconds

## Sit-to-Stand Two Hands



### Instructions

- Sit on a chair which is not too low
- Push from the armrests with both hands and stand
- Repeat 5 amount of times

## Sit-to-Stand No Hands



### Instructions

- Sit on a chair which is not too low
- Stand up without using your hands
- Repeat 5 amount of times

## Walking

Walk at least 2 times per week for 15-30 minutes.

