

Balance Exercises

(High level)

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St Helens Reablement Team

Name:	
DOB:	
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Date compiled:	

Balance exercises (high level)

Goal:	
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These exercises are designed to challenge and improve your balance

Exercise	Picture
<p><u>Unsupported stand with eyes closed</u></p> <ol style="list-style-type: none"> Stand close to a sturdy surface e.g. kitchen countertop - you may want to hover your hand over the surface so you can catch yourself if you lose your balance Stand with feet apart and close your eyes – hold position as long as able (aim for a maximum of 60 seconds) <p>Repetitions:</p>	
<p><u>Upper body rotation</u></p> <ol style="list-style-type: none"> Stand close to a sturdy surface e.g. kitchen countertop Stand with feet apart Keeping lower body still, turn to look over the right shoulder rotating upper body as far as able, then return to starting position Then turn to look over left shoulder, rotating upper body as far as able then return to starting position <p>Repetitions:</p>	



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One leg stand

1. Stand close to a sturdy surface e.g. kitchen countertop - you may want to hover your hands above the surface so that you can catch yourself if you lose your balance
2. Lift your left leg and keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.
3. Repeat with the other leg

Repetitions:



Alternate elbow bending / straightening

1. Stand unsupported with feet apart
2. Alternating between left and right arms, bend and straighten elbows forward in punching motion

Repetitions:



Tandem stance

1. Stand close to a sturdy surface e.g. kitchen countertop - you may want to hover your hands above surface so that you can catch yourself if you lose your balance
2. Place the heel of your right foot in front of the toe of the left foot and hold this position for as long as able (aim for a maximum of 30 seconds)
3. Then place the heel of the left foot directly in front of the toe of the right foot and hold this position (aim for maximum of 30 seconds)

Repetitions:





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360 Degree turn

1. Start facing forwards, feet slightly apart
2. Turn clockwise in a slow controlled manner and complete a full turn so that you end up facing the way that you started

Repetitions:



Alternate stepping

1. This exercise is to be completed on the **bottom** step of your staircase only
2. Use rail/rails for support
3. Step up with the left foot then return to the floor
4. Step up with the right foot then return to the floor

Repetitions:



Precautionary Notes

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