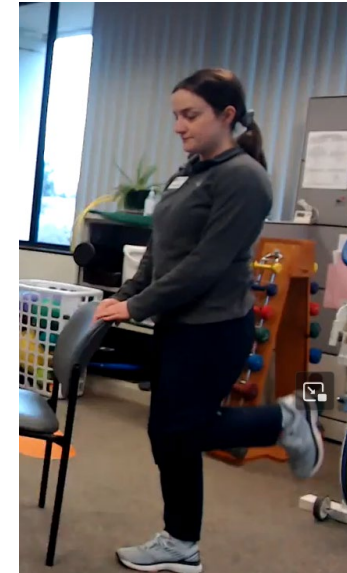
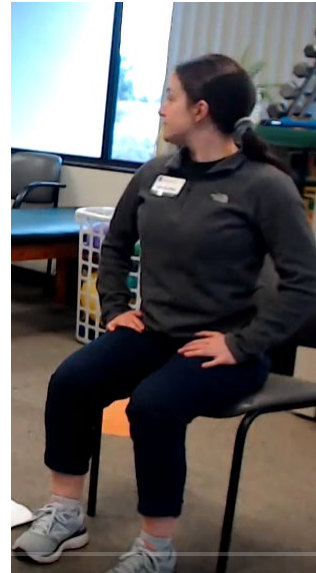
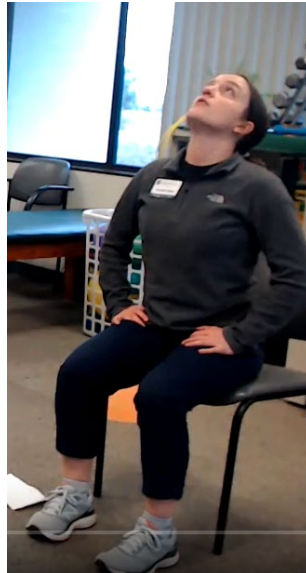
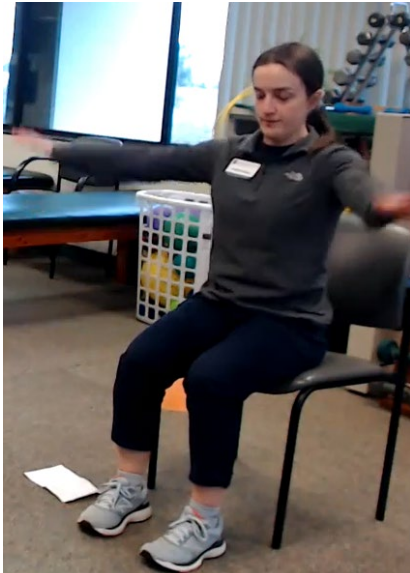
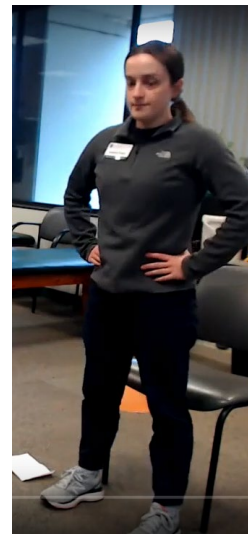
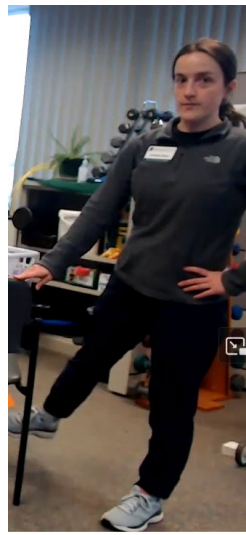
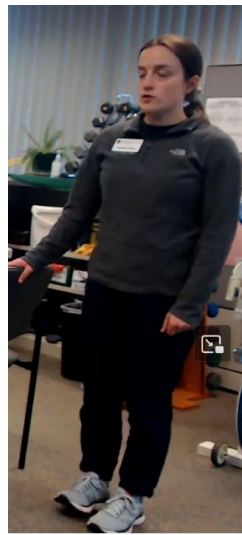
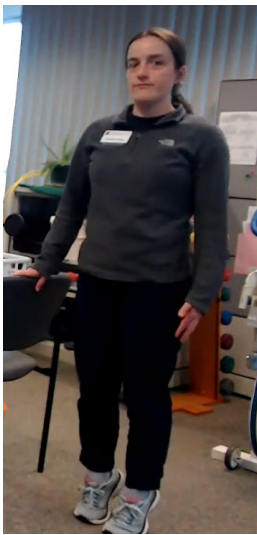




Balance Activities: Warm-up

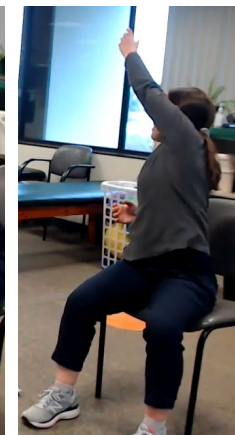
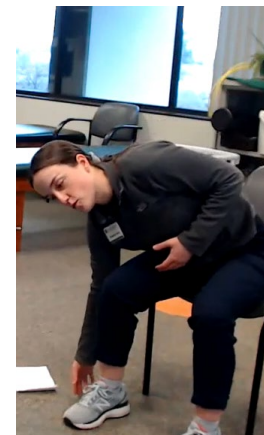
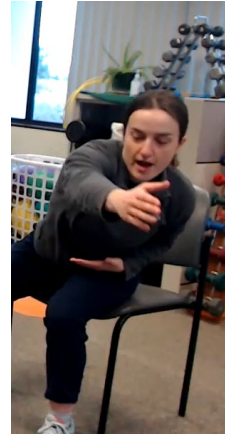
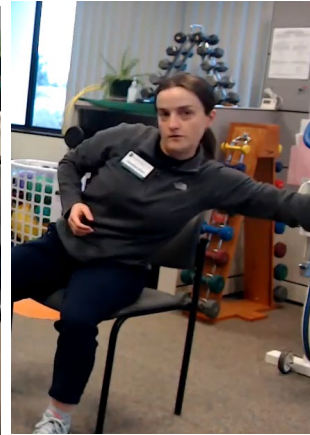
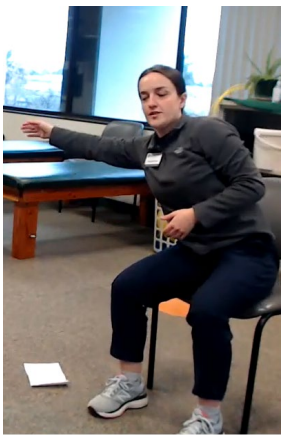
Knee extension, Ankle Pumps, Ankle Circles, Knee Lifts,
Shoulder circles, Neck Bend- down/up, side/side, Hamstring Lift





Balance Activities: Strength Series

Heel lifts, Toe Lifts, Side Lifts (Abduction), Sit-to-Stand x 30 seconds (2-3 sets)

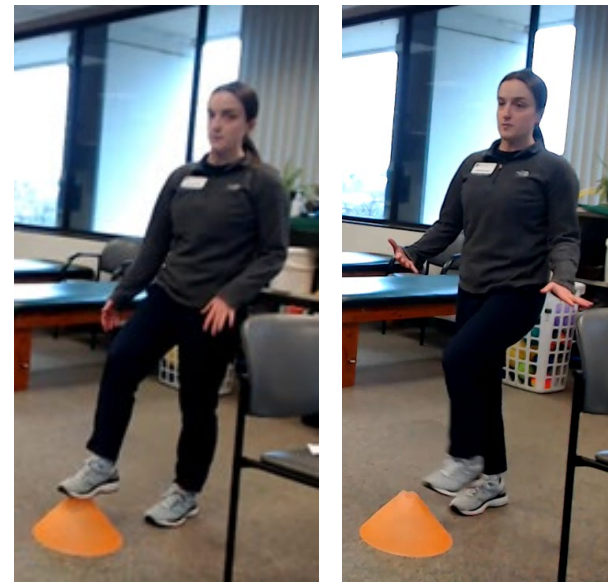


Balance Activities: Reach Series

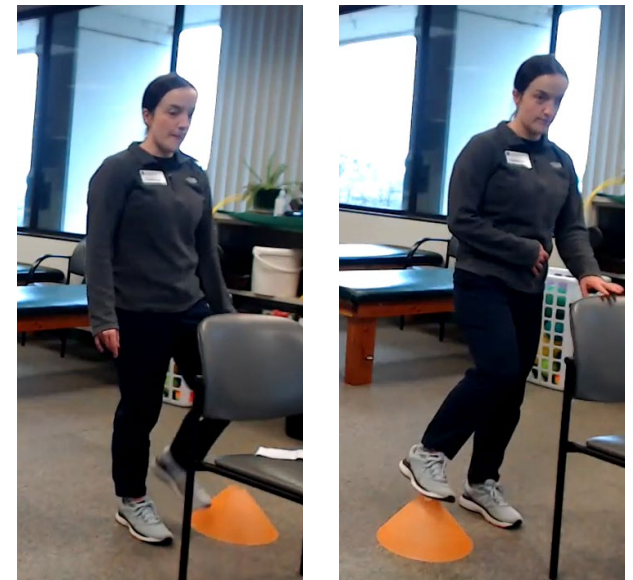
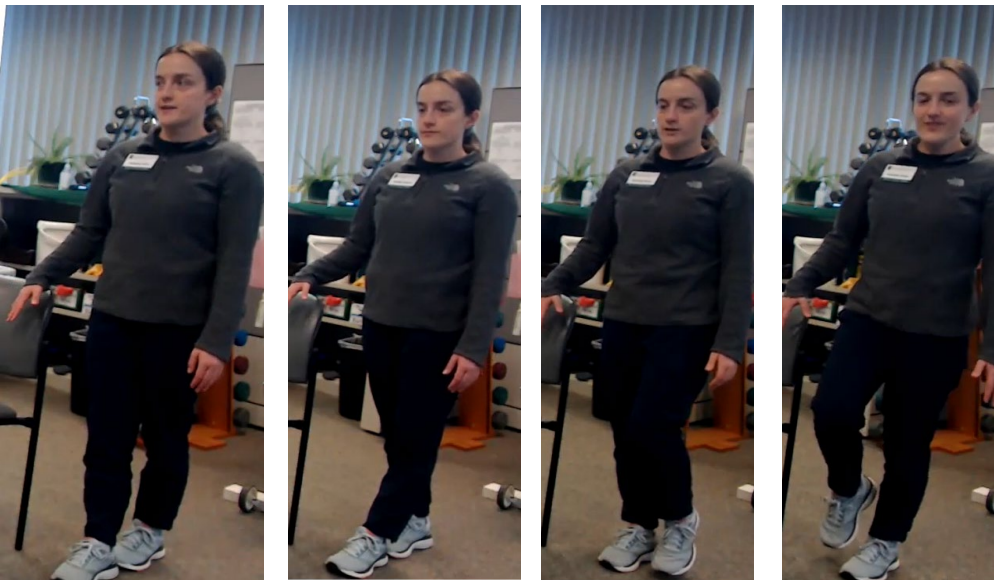
Left, Center, Right; Diagonal Forward/Back; High-Low Left/Right

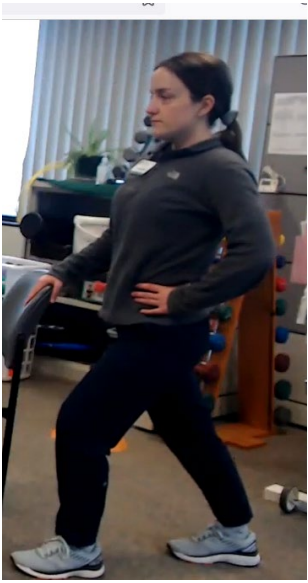


Balance Activities: Otago Stands
Shoulder width, Together, Staggered,
In-Line, Single-Leg (30 seconds each side x 2 sets)



Balance Activities: Taps
Front tap; Side Tap





Balance Activities: Cool-Down

Hip flexor stretch, Hamstring Stretch, Head Tilts,
Neck Bends front/back, Ankle Circles

