

1



## SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance. Stand near a stable support surface as needed.

To challenge yourself you may stand on an unstable surface such as a folded towel, or you may try to close your eyes.

Repeat 1 Time  
Hold 1 Minute  
Complete 2 Sets  
Perform 1 Times a Day

4



## HEEL RAISES - NEUTRAL

Stand with your toes pointed straight ahead. Next, raise up on your toes as you lift your heels off the ground. Lower slowly and then rock back on your heels, raising your toes. Repeat.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VVHRW57JJ

2



## SINGLE LEG STANCE - REACH FORWARD SLS

Stand on one leg and maintain your balance.

Next, reach forward with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side. Stand next to a stable support surface for safety as needed.

Repeat 15 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Times a Day

5



## MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot. Hang on to a stable support surface as needed.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Times a Day

3



## TANDEM STANCE WITH SUPPORT

Stand in front of a chair, table or counter top for support. Then place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position.

To challenge yourself you may stand on an unstable surface such as a folded towel, or you may close your eyes.

Repeat 1 Time  
Hold 1 Minute  
Complete 2 Sets  
Perform 1 Times a Day

6



## HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VVVVJJHEQ

7



### Narrow Base of Support, Ground

Stand with your feet together so toes and heels are touching. Face forward and maintain position for one minute.

Hold 1 Minute  
Complete 2 Sets  
Perform 1 Times a Day

To challenge yourself you may stand on an unstable surface such as a folded towel. You may also cross your arms or close your eyes.

8



### Side Step

Find a place in your home where you can hold onto something, such as a kitchen counter. Have a chair nearby if you need to take a break. Stand facing the counter. Side step the length of the counter and then return. Try to maintain your gaze straight ahead.

Repeat 3 Times  
Complete 1 Set  
Perform 1 Times a Day

9



### CUPS - ALTERNATE TOE TAPS

Stand next to something for balance assist if needed.

Place a cup on the floor.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VV4BE7VS7

Stand in front of the cup and raise one foot off the floor as you balance on the other leg. Tap the top of the cup with your toes. Then, set your foot back down and perform on the other side.