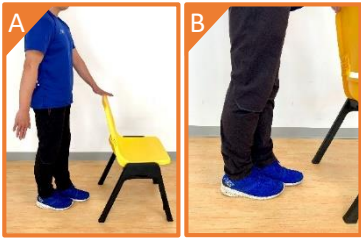


Balance Exercises

When carrying out these balance exercises, always have a chair, wall or table close by. Once you feel confident in doing them, you can do them without holding on to any support.

Static Balance Exercises

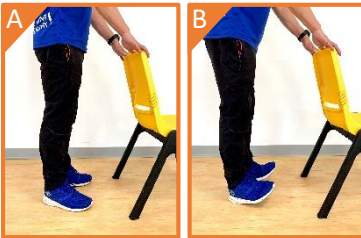
1. Semi-Tandem Stand



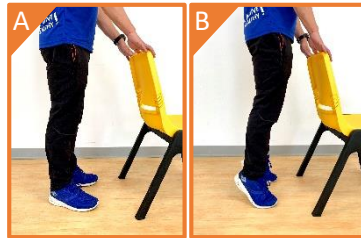
2. Tandem Stand



3. Heel Stand



4. Toe Stand



Dose:

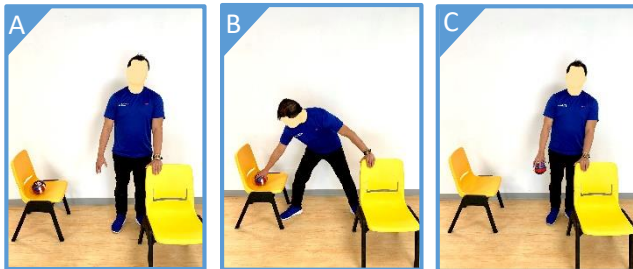
- Try holding these poses for at least 15 seconds.
- Aim to do this 1-3 times.

Modifications:

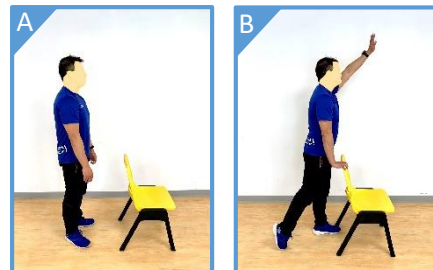
If you are able to perform Exercise 1 & 2 safely and with ease, attempt them with your eyes closed.

Dynamic Balance Exercises

5. Side Step & Reach Down



6. Step Front & Reach Up



Dose:

- Perform 15 repetitions for each of these exercises
- Aim to do 1-3 sets
- Remember to repeat on the other side