

Exercises to Improve Balance

Safety Tips

- Have a sturdy chair or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about doing a particular exercise.

Modify as You Progress

The exercises which follow can improve your balance even more if you modify them as you progress.

- Start by holding on to a sturdy chair for support.
- To challenge yourself, try holding on to the chair with only one hand; then with time, you can try holding on with only one finger, then no hands.
- If you are steady on your feet, try doing the exercise with your eyes closed.



Exercises to Improve Balance (cont'd)

Balance Exercise - Standing on One Foot



- Improve your balance by standing on one foot.
- Stand on one foot behind a sturdy chair, holding on for balance.
- Hold position for up to 10 seconds.
- Repeat 10 to 15 times.
- Repeat 10 to 15 times with other leg.
- Repeat 10 to 15 more times with each leg

Exercises to Improve Balance (cont'd)

Balance Exercise - Walking Heel to Toe



- Improve your balance by walking heel to toe.
- Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
- Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Take a step. Put your heel just in front of the toe of your other foot.
- Repeat for 20 steps.

Exercises to Improve Balance (cont'd)

Balance Exercise - Balance Walk



- Improve your balance with the balance walk.
- Raise arms to sides, shoulder height.
- Choose a spot ahead of you and focus on it to keep you steady as you walk.
- Walk in a straight line with one foot in front of the other.
- As you walk, lift your back leg. Pause for 1 second before stepping forward.
- Repeat for 20 steps, alternating legs.

Exercises to Improve Balance (cont'd)

Strength Exercise - Back Leg Raises



- Strengthen your buttocks and lower back with back leg raises.
- Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes.
- Try not to lean forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10 to 15 times.
- Repeat 10 to 15 times with other leg.
- Repeat 10 to 15 more times with each leg.

Exercises to Improve Balance (cont'd)

Strength Exercise - Side Leg Raises



- Strengthen your hips, thighs, and buttocks with side leg raises.
- Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10 to 15 times.
- Repeat 10 to 15 times with other leg.
- Repeat 10 to 15 more times with each leg.