

BALANCE - 11 Two-Legged Standing Rotation

Standing, look
as far as possible
to both sides.
Try to keep balance.



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REPEAT: 15 Times
1 Times a Day.

BALANCE - 9 Head Tilts

Standing on one leg
and holding on,
tilt head to left
and then right.
Try to keep balance.

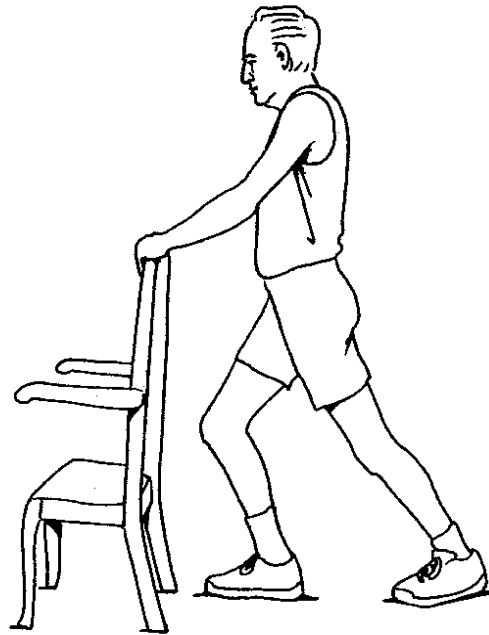


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REPEAT: 10 Times
1 Times a Day.

BALANCE - 4 Heel Cord Stretch

With right foot
in front of left,
lean forward
keeping left heel flat.
Hold 30 seconds while
counting out loud.
Repeat with opposite
foot in front.

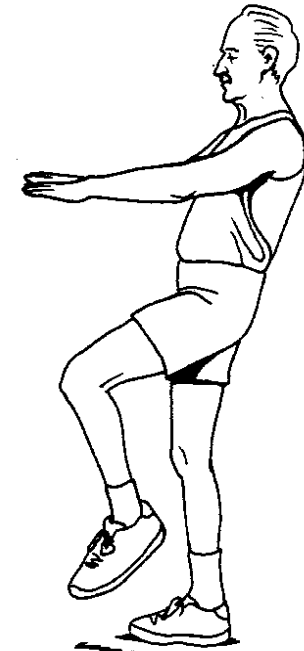


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REPEAT: 3 Times
2 Times a Day.

BALANCE - 5 One-Legged Stands

Standing on one leg,
try to maintain balance
as long as possible
without holding on.
Repeat on other leg.

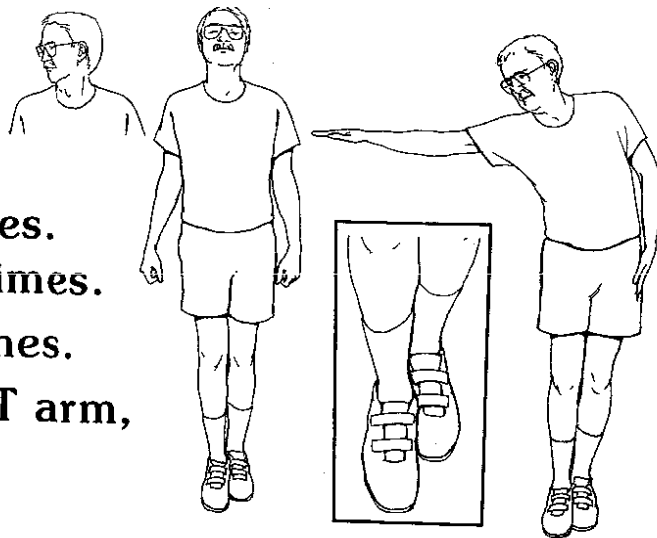


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REPEAT: 5 Times
1 Times a Day.

Stand with heel
of one foot against
arch of other foot.

- A. Look up 10 times.
- B. Look right 10 times.
- C. Look left 10 times.
- D. With RIGHT/LEFT arm,
reach right, left,
forward and back.

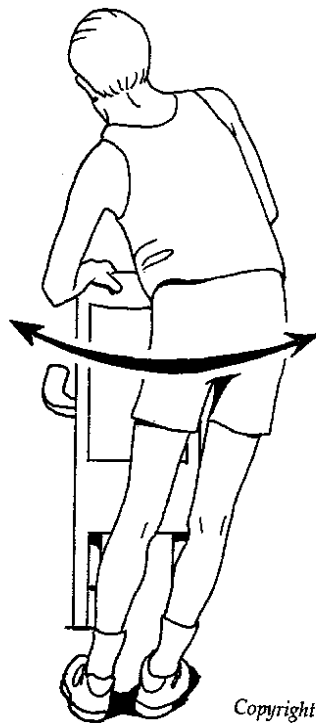


REPEAT: 3 times. Do 1 times per day.

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BALANCE - 1 Standing Side Leans

Holding on,
lean body weight
from side to side.

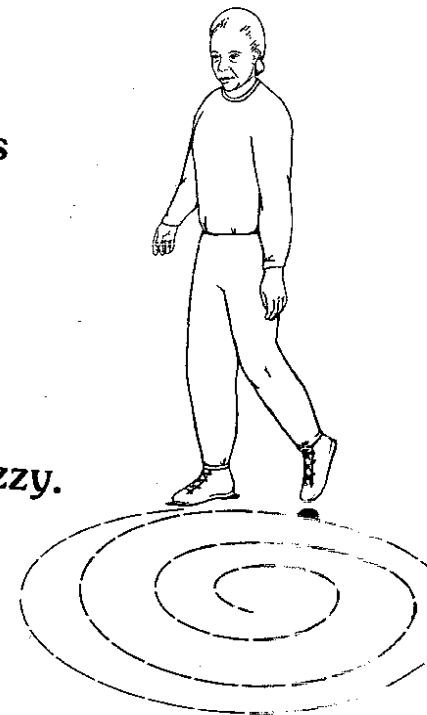


REPEAT: 10 Times
1 Times a Day.

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BALANCE - 20 Circle Turns

Walk in large circle.
Gradually make the circles
smaller and smaller.
Turn and go
in opposite direction.
Do near a wall
or stationary object.
Stop if you begin to feel dizzy.

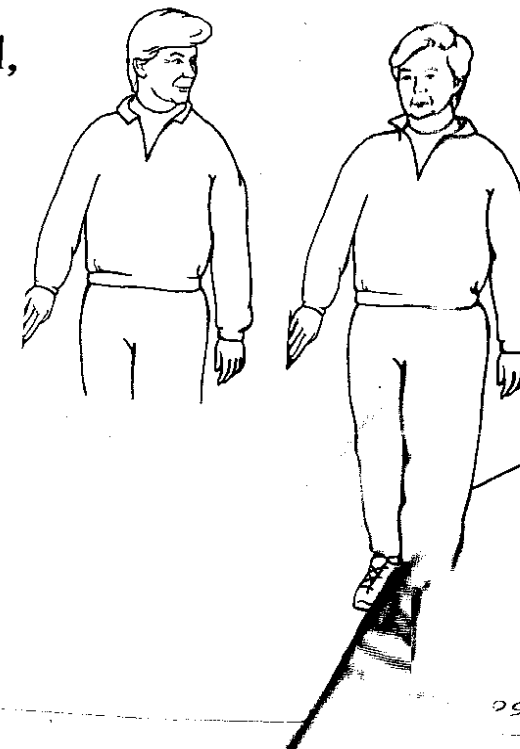


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REPEAT: 5 times.
Do 1 times per day.

BALANCE - 16 Walking Head Turns

Standing close to a wall,
walk 25 feet
while turning head
right and then left.
Touch wall if necessary
to keep balance.



REPEAT: 2 times
Do 1 times per day.