

Balance exercises



A program to assist your balance.

With Morgan Deegan, Physiotherapist.

Feet together arm raises



Standing with both feet together.

Raise up arms away from body in different angles.

To increase difficulty, shut eyes.

Stride stance arm raises



Standing with one foot directly in front of the other.

Raise up arms away from body in different angles. Alternate feet position.

To increase difficulty, shut eyes.

Single leg balance arm raises



Standing on one foot.

Raise up arms away from body in different angles.

To increase difficulty, shut eyes.

Feet together rotation



Standing with both feet together.

Raise up arms away from body and rotate.

To increase difficulty, shut eyes.

Stride stance rotation



Standing with one foot directly in front of the other.

Raise up arms away from body and rotate.
Alternate leg position.

To increase difficulty, shut eyes.

Single leg stance with shimmies



Standing on one foot, with opposite knee bent.

Bring leg away from body as shown.

To increase difficulty, shut eyes.

Ball catches



As shown, on one leg, catch a ball from hand to hand.

To increase difficulty, catch from the wall in different angles and paces.