



Performance
Physical Therapy

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One Leg Away From Better Balance

Often as we age, our balance skills deteriorate. For this reason it is important to do exercises to improve and maintain balance throughout our lives. Balance exercises can be performed daily and in your own home. You can start out with simple balance activities and increase the difficulty as your balance improves. Improving your balance takes practice. One simple exercise can be done and modified as your skill level improves. Read on to learn how to improve your balance starting today.

Beginner:

Stand up straight behind a tall chair or at a counter top. Lightly grasp the chair or counter top with your finger tips. Raise one leg a foot off the ground. Maintain your balance while standing on one leg. Hold for a count of ten seconds. Repeat with other leg and Perform five on each leg.

Intermediate:

Stand up straight behind a tall chair or at a counter top. Now try standing on 1 leg for 10 seconds without holding on. Hold for 10 seconds and repeat on other leg. Perform five on each leg. Next, standing on both legs, with fingers touching tall chair or counter top, close eyes for 10 seconds. Repeat five times.

Advanced:

Stand up straight behind a tall chair or at a counter top for safety only. Close both eyes. Without holding on to the chair or countertop raise one leg a foot off the ground. Maintain your balance while standing on one leg. Hold for a count of ten seconds. Repeat with other leg. Perform five on each leg.

Other Ideas:

Everyday, try to incorporate a balance exercise, to ensure you maintain your ability to balance, therefore reducing risk of a fall.

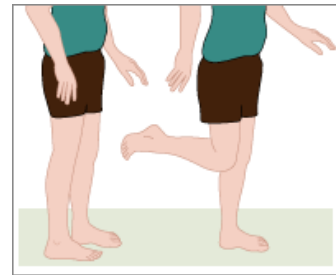
Stand on 1 leg when brushing teeth, doing dishes and other activities you do everyday.

Hold stomach muscles in, shoulder and head back, when practicing balance exercises to help maintain a good posture.

Try an exercise program that includes balance exercises, such as yoga or Tai Chi.

In the swimming pool is another great place to practice standing on 1 leg.

Finally, be aware and cautious when walking on ice, over rugs and uneven ground and be sure to use an assistive device such as a cane or walker if this has been recommended to you.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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