# BALANCE EXERCISES
## LEVEL 1

<table>
<thead>
<tr>
<th></th>
<th>Picture</th>
<th>Description</th>
</tr>
</thead>
</table>
| 1 A | ![Image](image1.png) | Stand beside a worktop. Rest hand on surface for support if needed. Stand with both feet together  
Look straight ahead  
Hold this position for _________ seconds  
Repeat [ ] [ ] [ ] times  
Progress to not holding onto the worktop. |
| 1 B | ![Image](image2.png) | Stand with your feet together.  
Place your hands on your hips  
Hold this position for _________ seconds  
Make a note of how long you can maintain your balance  
Repeat [ ] [ ] [ ] times |
| 1 C | ![Image](image3.png) | Stand beside a worktop with hand lightly resting on surface for support.  
Place feet in “semi-tandem” position so the toes of one foot are level with the inside arch of the other foot.  
Hold this position for _________ seconds  
Repeat [ ] [ ] [ ] times |
**BALANCE EXERCISES**  
**LEVEL 1**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><img src="image.jpg" alt="Image" /></td>
<td>Stand beside a worktop with hand/s lightly resting on surface for support. Place feet in “tandem” position so the toes of one foot are touching the heel of the other foot. Hold this position for up to 30 seconds. Repeat [ ] [ ] [ ] times</td>
</tr>
</tbody>
</table>
# BALANCE EXERCISES
## LEVEL 2

<table>
<thead>
<tr>
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</tr>
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</table>
| **2 A** | ![Image](image1.png) | Stand with your feet together  
Raise arms in front so that your hands are level with your shoulders  
Hold this position for ________ seconds  
Make a note of how long you can maintain your balance  
Repeat [ ] [ ] [ ] times |
| **2 B** | ![Image](image2.png) | Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot. Place your hands on your hips  
Look straight ahead  
Hold this position for ________ seconds  
Record how long you are able to maintain your balance in this position  
Repeat [ ] [ ] [ ] times |
| **2 C** | ![Image](image3.png) | Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot  
Look straight ahead  
Hold this position for ________ seconds  
Record how long you are able to maintain your balance in this position  
Repeat [ ] [ ] [ ] times |
<table>
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</table>
| **2 D** | Stand in “tandem” position with your toes of one foot touching heel of other foot  
Place your hands on your hips  
Hold this position for _________ seconds  
Make a note of how long you can maintain your balance  
Repeat [ ] [ ] [ ] times |
| **2 E** | Stand facing worktop with hand/s lightly resting on surface for support  
Stand on one leg  
Look straight ahead  
Hold this position for _________ seconds  
Record how long you are able to maintain your balance in this position  
Repeat [ ] [ ] [ ] times |
<table>
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</table>
| ![3 A](image.png) | Stand with feet together.  
Close one eye  
Hold this position for ________ seconds  
Make a note of how long you can maintain your balance |
| ![3 B](image.png) | Stand with feet together.  
Throw a small ball against the wall  
Repeat [ ] [ ] [ ] times |
| ![3 C](image.png) | Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot  
Look straight ahead  
Raise arms in front so that hands are level with your shoulders  
Hold this position for ________ seconds  
Record how long you are able to maintain your balance in this position |
## BALANCE EXERCISES
### LEVEL 3

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><img src="image" alt="3 D" /></td>
<td>Stand in “tandem” position with your toes of one foot touching heel of other foot. Without moving your feet, slowly transfer your weight onto the front foot, then onto the back foot. Repeat ___ ___ ___ times</td>
</tr>
<tr>
<td><img src="image" alt="3 E" /></td>
<td>Stand in “tandem” position with your toes of one foot touching heel of other foot. Raise your arms in front so that hands are level with your shoulders. Look straight ahead. Hold this position for _______ seconds. Make a note of how long you can maintain your balance.</td>
</tr>
<tr>
<td><img src="image" alt="3 F" /></td>
<td>Stand on __________ leg. Look straight ahead. Hold this position for _______ seconds. Record how long you are able to maintain your balance in this position. Repeat with hands on your hips. Hold for _______ seconds.</td>
</tr>
</tbody>
</table>
### BALANCE EXERCISES
#### LEVEL 3

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</table>
| ![3 G](image-url) | **3 G**

Stand beside worktop with hands lightly resting on surface for support

Look straight ahead

Transfer your weight back onto your heels, raising front of both feet off the ground

Walk forward 10 steps on your heels

Repeat [ ] [ ] [ ] times

| ![3 H](image-url) | **3 H**

Stand beside worktop with hands lightly resting on surface for support

Look straight ahead

Take weight of both feet onto your toes

Walk forward 10 steps

Repeat [ ] [ ] [ ] times

| ![3 I](image-url) | **3 I**

Stand beside a worktop with your hands lightly resting on surface for support

Look straight ahead

With feet in “tandem” position walk forward 10 steps then backwards 10 steps

Repeat [ ] [ ] [ ] times
# BALANCE EXERCISES
## LEVEL 4

<table>
<thead>
<tr>
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</table>
| ![4 A](image1) | Stand on a cushion/pillow and place feet together.  
Close one eye  
Hold this position for ________ 30 seconds  
Make a note of how long you can maintain your balance |
| ![4 B](image2) | Stand on a cushion/pillow and place feet together.  
Throw a **small ball** against the wall  
Repeat [ ] [ ] [ ] times |
| ![4 C](image3) | Stand with feet in semi-tandem position: heel of one foot should rest beside arch of other foot  
Look straight ahead  
Close one eye  
Hold this position for ________ seconds  
Record how long you are able to maintain your balance in this position |
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</table>
| 4 D | ![Image](86x528 to 218x714) | **Stand with feet in semi-tandem position:** heel of one foot should rest beside arch of other foot  
**Throw a small ball against the wall**  
Repeat [ ] [ ] [ ] times |
| 4 E | ![Image](94x328 to 221x511) | **Stand in “tandem” position with your toes of one foot touching heel of other foot**  
**Close one eye**  
Hold this position for [ ] seconds  
Record how long you are able to maintain your balance in this position |
| 4 F | ![Image](90x121 to 225x311) | **Stand on one leg**  
**Look straight ahead**  
**Raise both arms so that hands are level with shoulders**  
Hold this position for [ ] seconds |
## BALANCE EXERCISES
### LEVEL 4

<table>
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| 4 G     | Transfer your weight back onto your heels, raising front of both feet off the ground.  
          Walk forward 10 steps on your heels.  
          Repeat [ ] [ ] [ ] times. |
| 4 H     | Look straight ahead.  
          Take weight of both feet onto your toes.  
          Walk forward 10 steps.  
          Repeat [ ] [ ] [ ] times. |
| 4 i     | Stand with feet in “tandem” position.  
          Looking straight ahead, walk forward 10 steps then backwards 10 steps. |
# BALANCE EXERCISES
## LEVEL 5

<table>
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</table>
| ![5 A](image) | **5 A**
Stand on a cushion/pillow  
Place feet in “semi tandem” position with the heel of one foot beside the arch of the other foot  
Close one eye  
Hold this position for _________ seconds  
Make a note of how long you are able to maintain your balance in this position |
| ![5 B](image) | **5 B**
Stand on a cushion/pillow  
Place feet in “semi tandem” position with the heel of one foot beside the arch of the other foot  
Throw a **small ball** against the wall  
Repeat [ ] [ ] [ ] times |
| ![5 C](image) | **5 C**
Stand on a cushion/pillow  
Place feet in “tandem” position with your toes of one foot touching heel of other foot  
Throw a **small ball** against the wall  
Repeat [ ] [ ] [ ] times |
# BALANCE EXERCISES
## LEVEL 5

<table>
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</table>
| 5 D     | Stand on one leg on a cushion/pillow  
          Look straight ahead  
          Close one eye  
          Hold this position for _________ seconds  
          Record how long you are able to maintain your balance in this position |
| 5 E     | Stand on one leg on a cushion/pillow  
          Throw a **small ball** against the wall  
          Repeat ___ times |
| 5 F     | Stand with feet in “tandem” position  
          Looking straight ahead, walk forward 20 steps then backwards 20 steps  
          Repeat ___ times |