BALANCE AND FALL PREVENTION EXERCISES

SQUAT - SUPPORTED WITH CHAIR FOR SAFETY

Place a chair behind you for safety.

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body to sit in the chair. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Week

DOUBLE LEG HEEL RAISES WITH SUPPORT - CALF RAISES

While standing next to a chair or countertop for support, raise up on your toes as you lift your heels off the ground. Return your heels to the floor and repeat.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Week

HIP FLEXION - STANDING - SLR

While standing next to a chair or counter top for support, lift one leg forward and off the group with a straight knee. Return to starting position and repeat. Perform on both legs.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Week

HIP ABDUCTION - STANDING

While standing next to a chair or counter top for support, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward as best as you can. Then, lower your leg back down and repeat.

Use your arms for balance support if needed for balance and safety. Perform on both legs.

Repeat 10 Times
Complete 3 Sets
Hold 3 Seconds
Perform 3 Times a Week

HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Repeat 10 Times
Complete 3 Sets
Hold 3 Seconds
Perform 3 Times a Week

SINGLE LEG STANCE - Balance on One Leg

Have a chair or other more sturdy object like a counter top or sink if needed for support with your balance and safety.

Stand on one leg and maintain your balance.

Perform on both legs.

Repeat 3 Times
Perform 3 Times a Week
Hold 30 Seconds

STANDING MARCHING - HIP FLEXION

While standing next to a chair or countertop for support, march in place by lifting your knee up as you allow it to bend and then perform on the other side. Repeat this alternating movement.

Repeat 10 Times
Complete 3 Sets
Hold 3 Seconds
Perform 3 Times a Week

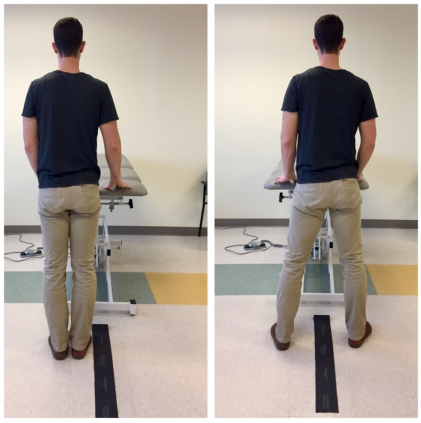
TANDEM STANCE WITH SUPPORT

Stand in front of a chair, table or counter top for support. Then place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position.

Alternate foot placement and perform 3 times with each foot in front.

Repeat 3 Times
Perform 3 Times a Week

Hold 30 Seconds

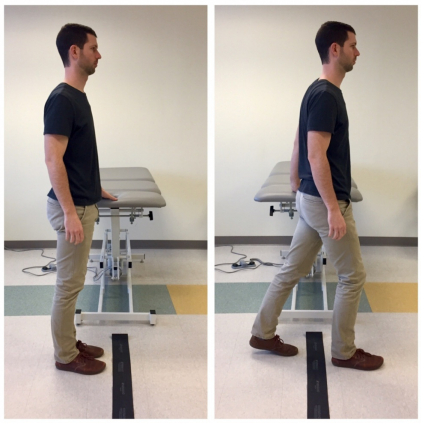


STEP OVER OBJECT SIDEWAYS

Stand in an upright position. Use a countertop or chair for support. Step over an obstacle(tissue box, cane, rolled up towel...). Once your foot is down, shift your weight to the side. Then, lift your leg back up and return to the starting position.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Week



STEP OVER OBJECT FORWARD

Stand in an upright position. Use a countertop or chair for support. Step over an obstacle(tissue box, cane,)rolled up towel...). The goal here is to bend at your hip and knee. Then, land softly on your heel. Once your foot is down, shift your weight forward as if you are going to take a step. Then, lift your leg back up and return to the starting position.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Week