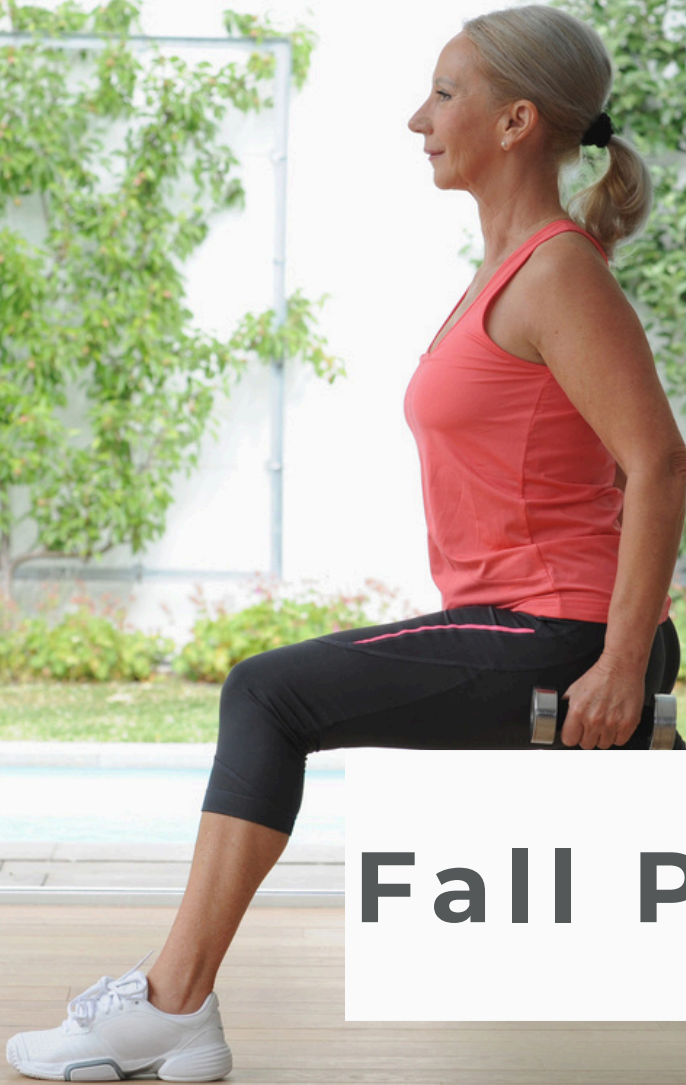


January 21, 2025



Fall Prevention

5 Exercises to Improve Your Balance



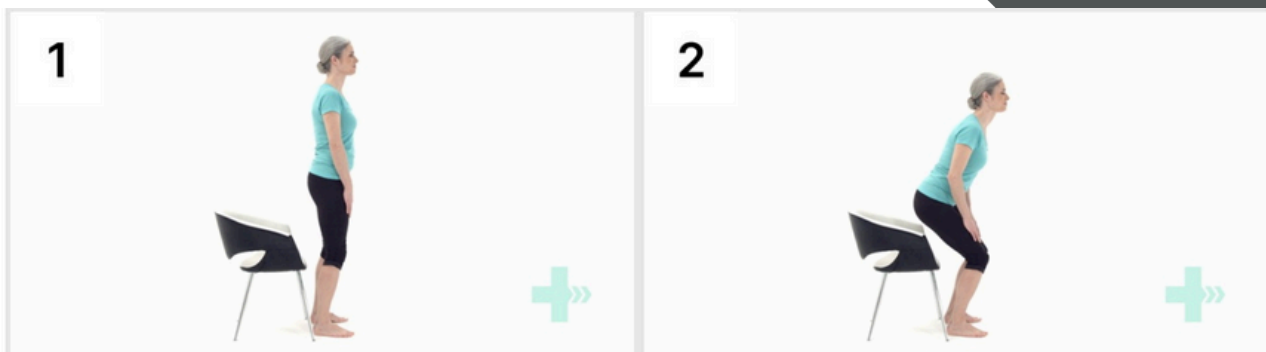
EASTHILL
PHYSIOTHERAPY
+ ACUPUNCTURE

1 SINGLE LEG STANCE



Near a chair or wall, shift your weight onto one foot and lift your other foot off the ground. Try to hold this for up to 30 seconds. Switch sides and repeat. Complete 3 repetitions per side.

2 SIT TO STAND



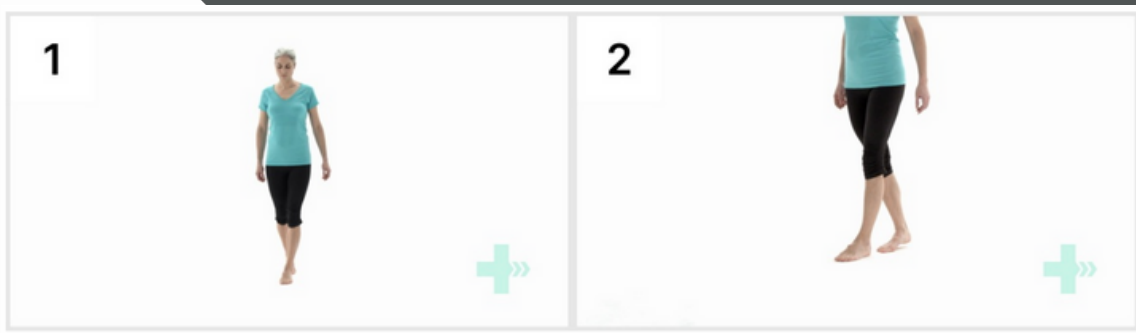
Starting in a seated position, place your arms across your chest or out in front of you. Shift your weight forward and push up with your legs, into a standing position. From standing, sit back into your chair with control. Try to complete 3 sets of 10 repetitions.

3 TANDEM STANCE



Near a chair or wall, step one foot directly in front of the other so your heel and toes are in touching. Keeping your weight balanced between both feet, hold this position for up to 30 seconds. Switch sides and repeat. Complete 3 repetitions per side.

4 TANDEM WALKING



Near a wall or railing, walk forward in a heel-toe fashion, stepping one foot directly in front of the other, as if walking on a tight rope. Complete 10-20 steps three times.

5 "STANDING HIP ABDUCTION"



Place one hand on a chair or wall for support. Starting with feet together, toes facing forwards, kick one leg straight out to the side, engaging your glute. Bring the feet back together. Repeat for 10 repetitions, then switch sides. Complete 3 sets per side.



EASTHILL
PHYSIOTHERAPY
+ ACUPUNCTURE

REPAIR. RESTORE. REBUILD.

easthillphysio.com   

2906 26th Street
Vernon, BC, V1T 4T7
T • 250.545.2922 F • 250.545.2982
easthillphysio@telus.net

401-3210 25th Avenue (Sterling Center)
Vernon, BC, V1T 1P1
T • 250.542.2655 F • 250.542.1494
EHphysio@telus.net