

## Balance and General Strengthening Program

Goal: Address common contributions to impaired balance and prevent falls.

Our balance is impacted by 3 systems:

1. Our vision
2. Our proprioception, or our body's ability to detect where it is in space
3. Our vestibular system- this system is housed in our inner ear

These 3 systems all work together to help us with balance.

With Physical Therapy we can improve our proprioception, strengthen our vestibular system, and strengthen the muscles that contribute to stability. Having a Physical Therapist evaluate your specific needs is essential when developing the best program that is specific to you and your needs especially if there is an impairment with your vestibular system. For the purposes of this program we will take a simple approach and address the general muscle weaknesses that contribute to instability and work on some simple balance exercises.

First and foremost is safety. These exercises need to be done in a safe place (i.e. in a corner or next to a counter top)

Sit to Stand -Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object. Goal: 2 sets of 10



Standing Hip Abduction- Stand holding onto a counter or chair. Lift your right foot, turn your toes inwards. Leading with your heel, raise your leg out to the side. Repeat on the opposite leg. Goal: 2 sets of 10 on each leg



Standing Marches- While standing, draw up your knee, set it down and then alternate to your other side. Goal: 2 sets of 10 on each leg



Heel Raises- While standing, raise up on your toes as you lift your heels off the ground. Goal: 2 sets of 10



Romberg-Feet Together-

Stand with back a few inches from a wall and support on one or both sides

\* Feet Together

\* Stand tall and IF YOU CAN safely, place your arms crossed over your chest

1) With your eyes open - see if you can maintain balance for 30 seconds (no swaying-wobbling)

2) If you are able to maintain balance with eyes open-try this stance with eyes closed

3) If you feel yourself start to lose balance-immediately open your eyes-touch your safety support

Your goal is try and get 30 seconds with feet together and eyes closed



Tandem Stance- "In a corner, practice standing "heel to toe" with EYES OPEN.

(One foot in front of the other with the heel of one foot touching the toe of the other foot)

The goal is to stand for the entire time without touching the wall.

If this is too hard at first, try standing "almost heel to toe" (with feet touching at big toes to the inside of your ankle)." Goal 3 sets of 30 second holds

