






Two Great Exercises: 4 Stage Balance Exercise

- ▶ Always do your balance exercises in the corner of a room with your back close to the wall
- ▶ Put a high back chair in front of you to make sure you are safe
- ▶ Rule of 5:
 - ▶ 5→10→15 second holds
 - ▶ 7 Head Positions
 - ▶ Straight, Up, Down, Turn Right, Turn Left, Tilt Right, Tilt Left

Instructions to the patient: In the corner of a room with a chair in front of you:

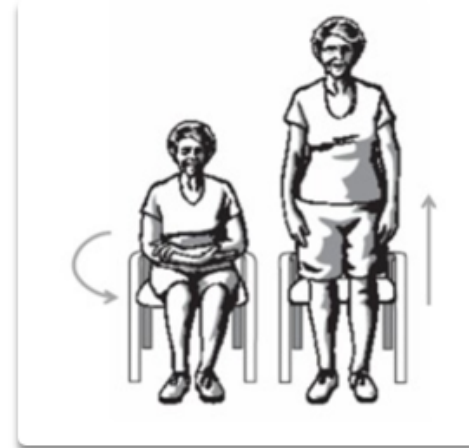
PERFORM 2 TIMES/DAY

1. Stand with your feet side by side. Time: **5-10-15** seconds

Hold Each Head Position - EYES CLOSED
2. Place the instep of one foot so it is touching the big toe of the other foot. Time: **5-10-15** seconds

Hold Each Head Position - EYES CLOSED
3. Place one foot in front of the other, heel touching toe. Time: **5-10-15** seconds

Right/Left
Hold Each Head Position - EYES OPEN
4. Stand on one foot. Time: **5-10** seconds

Right/Left
Hold Each Head Position - EYES OPEN

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Two Great Exercises: Sit to Stand

- ▶ Sit to stand is one of the easiest exercises to perform and build core strength in the feet, legs, thighs, and spine.



- Try not to use your hands
- Begin from taller height and work toward lower heights
- Stand and then lower yourself down -Don't plop!

Link for the Stay Independent Questionnaire:

<http://proptrehab.com/wp-content/uploads/2018/09/document9.pdf>