



Balance Exercises

A USER'S GUIDE TO FUNCTIONAL BALANCE EXERCISES



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Balance exercises:

This section will provide you with **some suggestions** for balance exercises. **Please consult** your treating occupational therapist, physiotherapist, or rehabilitation professional for balance exercises which are most suitable for you given your abilities.

Balance Exercises through your Daily Activities:

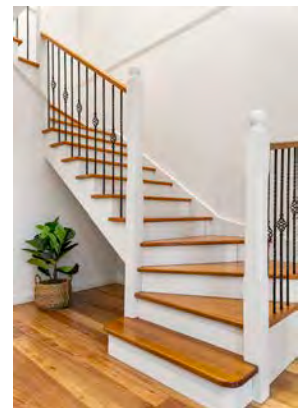


Brush your teeth while standing on one leg:

While standing at the sink and brushing your teeth, raise one leg, bending slightly at the knee, hold it for 10-30 seconds, and lower it. Do the same thing with the second leg. Do this 5 to 10 times.

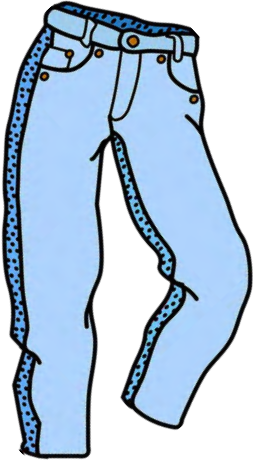
You can do the above activity while washing dishes as well!

Walking up and down stairs (without walking poles) is another balance-related activity where you are engaging your core. If you are unable to climb stairs, there are balance exercises you can complete in the seated position.



Balance exercises (continued):

Balance Exercises through your Daily Activities:



Put on pants while standing:

This makes you balance on one leg. Please remember to follow any safety precautions given to you by your healthcare provider. For example, it may be safer for you to be in a seated position while putting on pants.

Exercises with Walking Poles:

Remember to keep your **posture upright** and tall when doing exercises. In other words, keep your back straight.

You can do the exercises in front of a mirror to help you watch your form.

Using the walking poles can provide more support and stability while doing balance exercises.

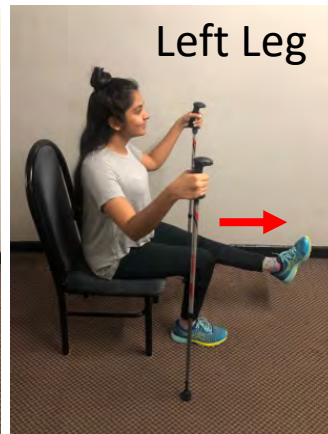
The model is using Activator® Poles which are walking poles designed by Urban Poling Inc. that may be used by people who have had a stroke.

Balance exercises (continued):

Exercises with Walking Poles:



Marching while seated with Activator® Poles



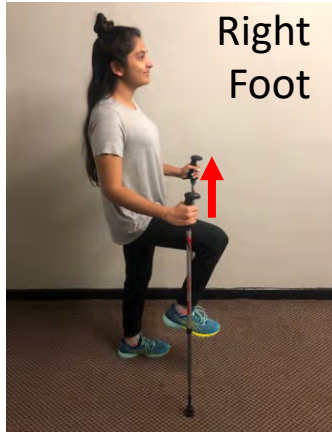
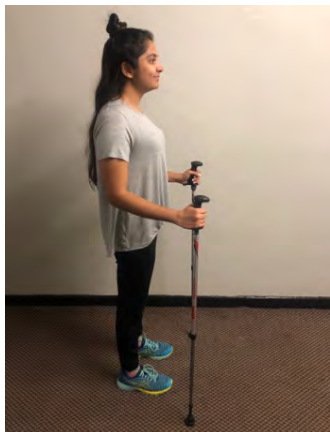
Leg raises while seated with Activator® Poles

Please note: You can modify the exercises based on your ability and range of motion. **Remember** to keep your back straight.

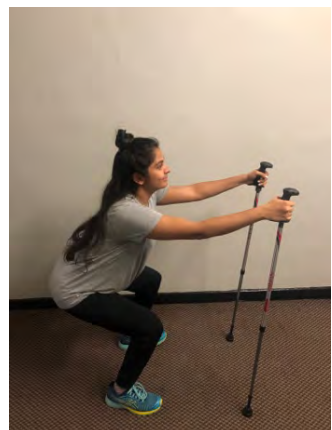
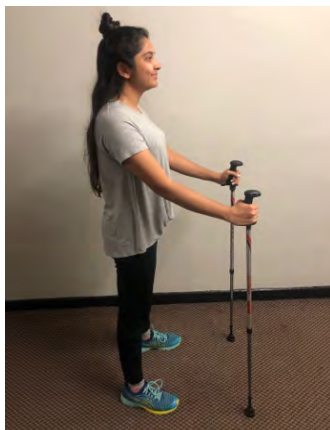
Balance exercises (continued):

Exercises with Walking Poles:

Please note: For standing exercises, it may be safer to do the exercises with a wall or chair behind you.



Marching in place with Activator® Poles

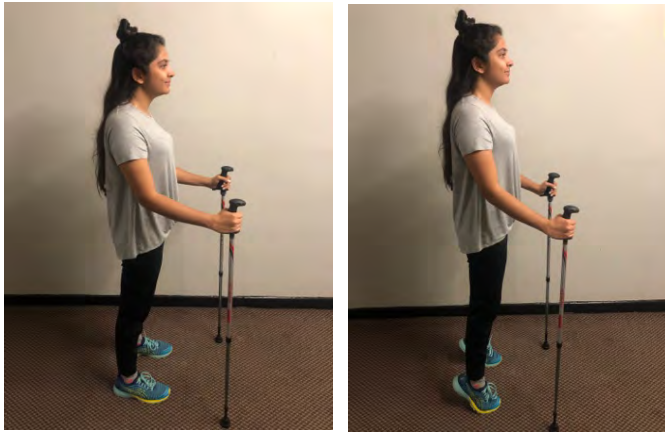


Squats with Activator® Poles

Remember to keep your back straight and your feet flat.

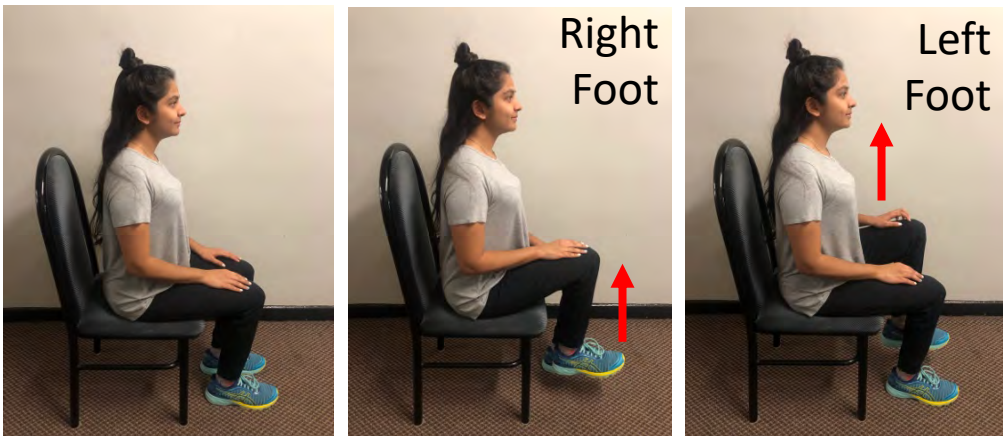
Balance exercises (continued):

Exercises with Walking Poles:



Calf raises
with
Activator®
Poles

Exercises without Walking Poles:

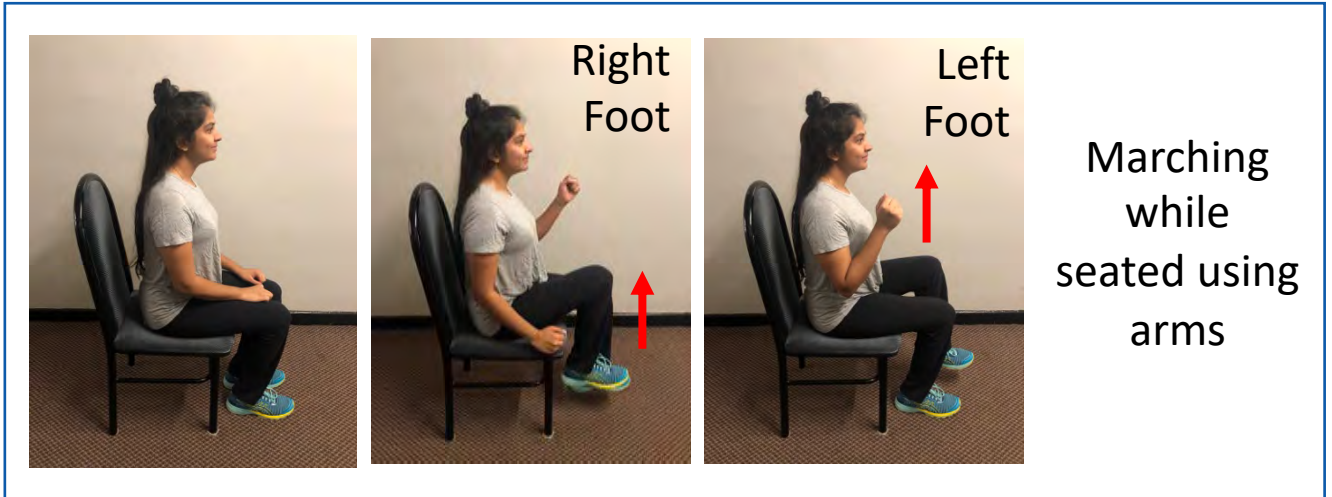


Marching
while
seated

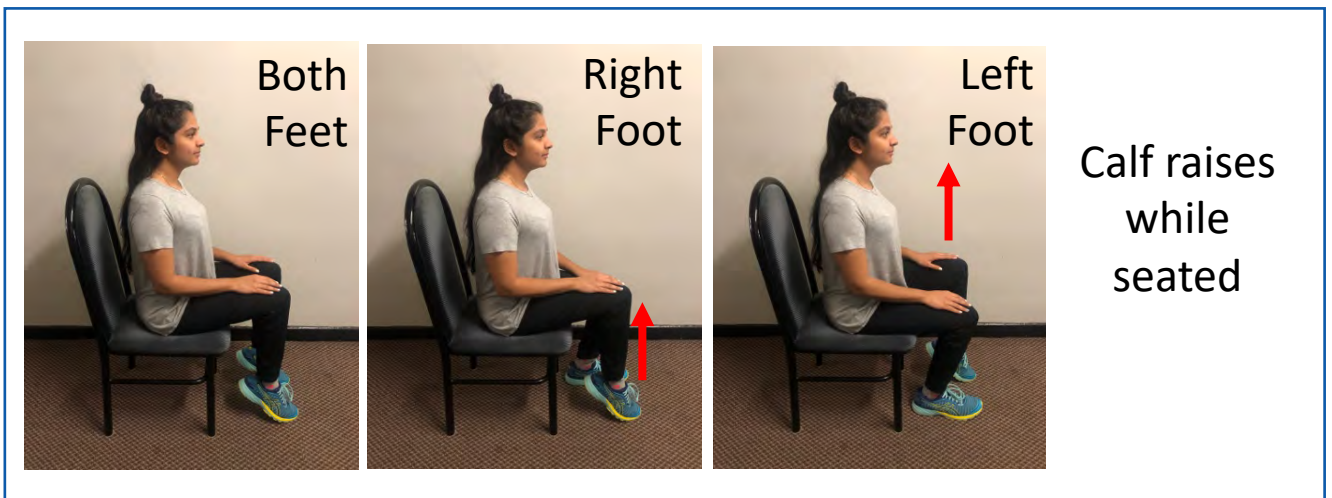
A chair with arms can provide more support when marching in place while seated.

Balance exercises (continued):

Exercises without Walking Poles:

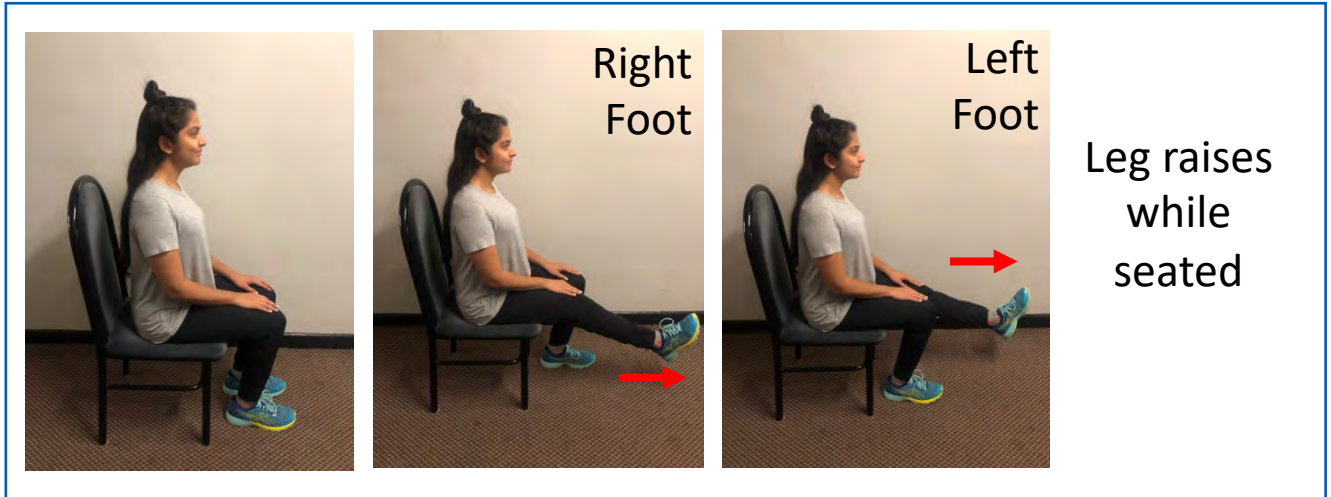


Remember to use opposite leg and arm.

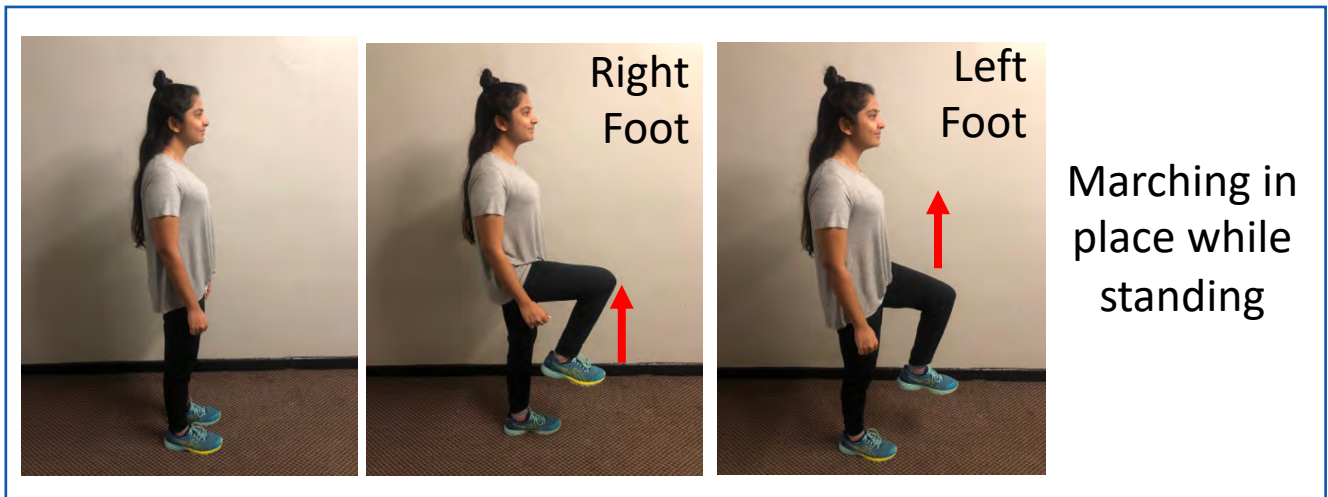


Balance exercises (continued):

Exercises without Walking Poles:



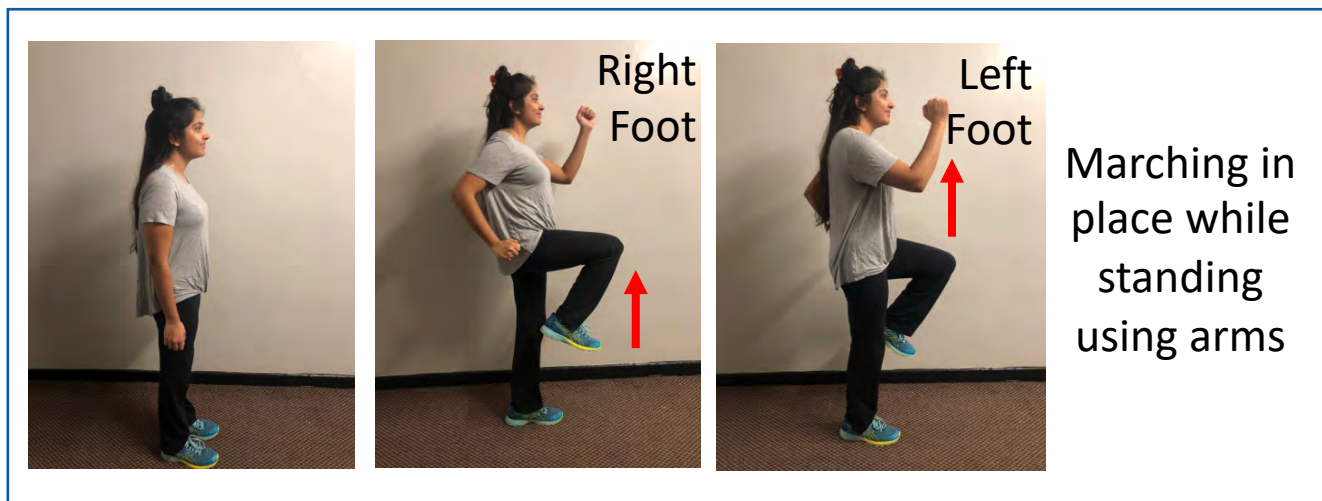
A chair with arms can provide more support when doing leg raises in a seated position.



If you need more support, you can hold onto a counter while marching.

Balance exercises (continued):

Exercises without Walking Poles:



Remember to use opposite leg and arm.

