



LIVEWELL HEALTH

your partner in successful aging

BALANCE PROGRAM

IN COLLABORATION WITH

VALD HEALTH

Semi tandem stance

Exercise Details

Sets 1

Hold Duration 15 seconds

Rest Duration 60 seconds

No notes

Start by placing the toes of one foot next to the middle of your other foot and then place your hands on your hips. Maintain your balance for the prescribed time and then relax to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)



Semi tandem stance with support

Exercise Details

Sets 1

Hold Duration 15 seconds

Rest Duration 60 seconds

No notes

Start by placing one hand on your hip and your other hand on the chair. Then place the toes of one foot next to the middle of your other foot. Maintain your balance for the prescribed time and then relax to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)



Tandem stance with support

Exercise Details

| | |
|---------------|------------|
| Sets | 1 |
| Hold Duration | 15 seconds |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing next to a chair with your feet shoulder width apart, head up, chest tall, and then place one hand on the chair and the other on your hip. Place one foot in front of the other so that the toes of your back foot should meet the heel of your front foot. Maintain your balance for the prescribed time and then relax to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)



Tandem stance

Exercise Details

| | |
|-----------------|------------|
| Sets | 1 |
| Hold Duration | 15 seconds |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing next to a chair with your feet shoulder width apart, head up, chest tall and then place one hand on the chair and the other on your hip. Place one foot in front of the other so that the toes of your back foot should meet the heel of your front foot. Maintain your balance for the prescribed time and then relax to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)



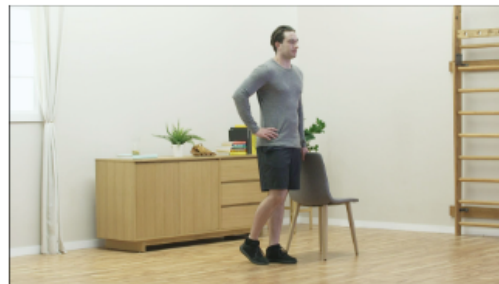
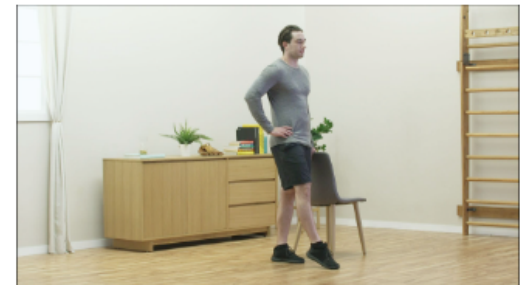
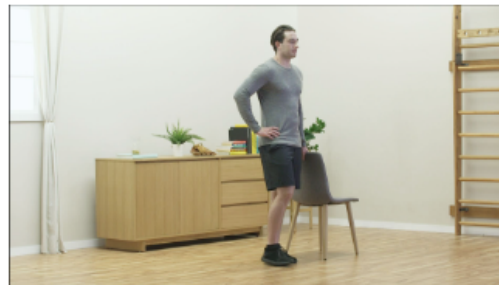
Forward toe taps with support

Exercise Details

| | |
|-----------------|------------|
| Sets | 1 |
| Reps | 12 |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet hip width apart, head up and chest tall, with one hand on your hip and your other hand resting on the chair. Shift your weight to one leg, and then keeping your chest tall, lift your other foot off the ground and then touch the ground in front of you with your toes. Then bring your foot back in and touch the ground next to your other foot with your toes to complete the exercise. Remember to use your core to help you balance throughout the exercise.

[See Less](#)

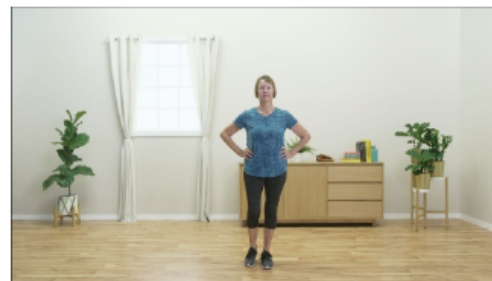


Forward toe taps

Exercise Details

| | |
|-----------------|------------|
| Sets | 1 |
| Reps | 12 |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet hip width apart, head up, chest tall and your hands on your hips. Shift your weight to one leg, and then keeping your chest tall, lift your other foot off the ground and then touch the ground in front of you with your toes. Then bring your foot back in and touch the ground next to your other foot with your toes to complete the exercise. Remember to use your core to help you balance throughout the exercise. [See Less](#)

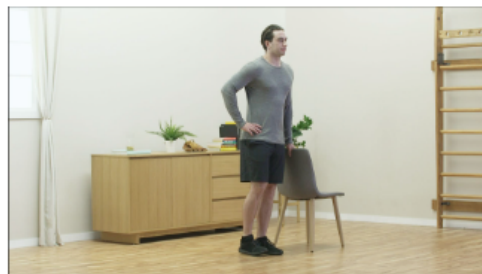


Lateral toe taps with support

Exercise Details

| | |
|---------------|------------|
| Sets | 1 |
| Reps | 12 |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet hip width apart, head up and chest tall, with one hand on your hip and your other hand resting on the chair. Shift your weight to one leg and then keeping your chest tall, lift your other foot off the ground and touch the ground to the side of you with your toes. Then bring your foot back in and touch the ground next to your other foot with your toes to complete the exercise. Remember to use your core to help you balance throughout the exercise. [See Less](#)



Lateral toe taps

Exercise Details

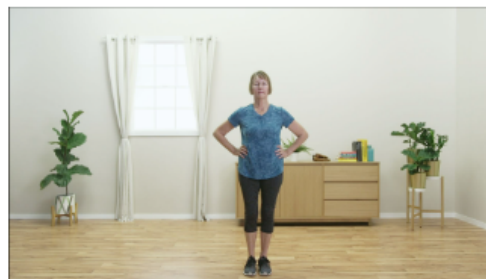
Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by standing with your feet hip width apart, head up, chest tall and your hands on your hips. Shift your weight to one leg and then keeping your chest tall, lift your other foot off the ground and touch the ground to the side of you with your toes. Then bring your foot back in and touch the ground next to your other foot with your toes to complete the exercise. Remember to use your core to help you balance throughout the exercise. [See Less](#)



Single leg stance with support

Exercise Details

| | |
|-----------------|------------|
| Sets | 1 |
| Hold Duration | 15 seconds |
| Rest Duration | 60 seconds |
| No notes | |



Video



Images

Start by standing with your feet hip width apart, head up, and chest tall, with one hand on your hip and your other hand on the chair. Keeping your chest straight, shift your weight to one leg and lift your other foot off the floor. Maintain your balance for the prescribed time, and then relax to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)



Single leg stance

Exercise Details

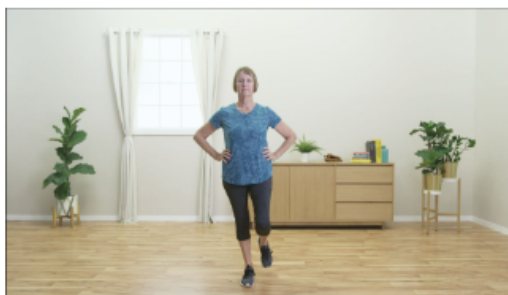
Sets 1

Hold Duration 15 seconds

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up, chest tall, and your hands on your hips. Keeping your chest straight, shift your weight to one leg and lift your other foot off the floor. Maintain your balance for the prescribed time and then lower your foot back down to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)

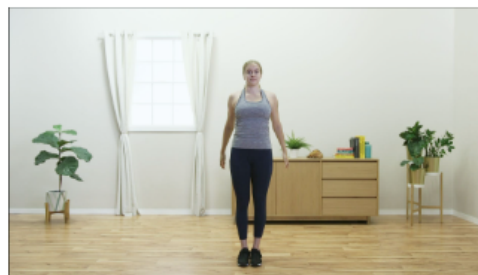


Balance - AROM bilateral shoulder flexion/extension (feet together)

Exercise Details

| | |
|---------------|------------|
| Sets | 1 |
| Reps | 12 |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet together, head up and chest tall, with your arms relaxed by your sides. Keeping your arms straight, raise both of your arms out in front you and then up to the sides of your head. Then lower your arms down and past your sides to complete the exercise. Remember to maintain your balance throughout the exercise. [See Less](#)



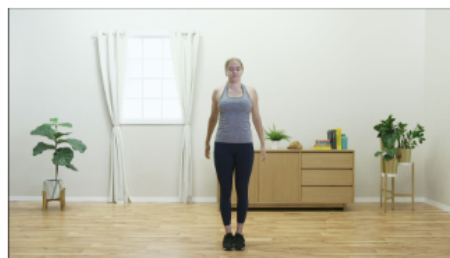
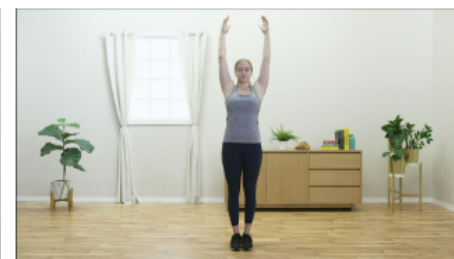
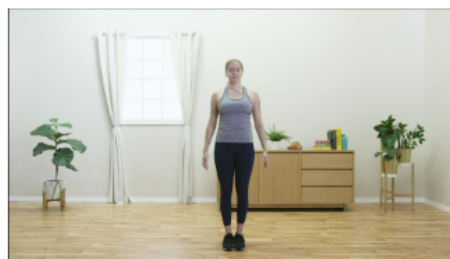
Balance - AROM bilateral shoulder flexion/extension (feet together, eyes closed)

Exercise Details

| | |
|-----------------|------------|
| Sets | 1 |
| Reps | 12 |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet together, head up and chest tall, with your arms relaxed by your sides. Now close your eyes. Keeping your arms straight, raise both of your arms out in front you and then up to the sides of your head. Then lower your arms down and past your sides to complete the exercise. Remember to maintain your balance throughout the exercise.

[See Less](#)



Tandem line forwards walking

Exercise Details

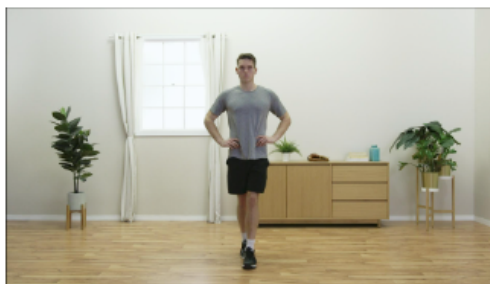
Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up, chest tall. Keeping your chest straight, begin to walk forwards by placing one foot in front of the other so that the heel of your front foot touches the toes of your back foot. Walk forwards for the prescribed time and then relax to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)

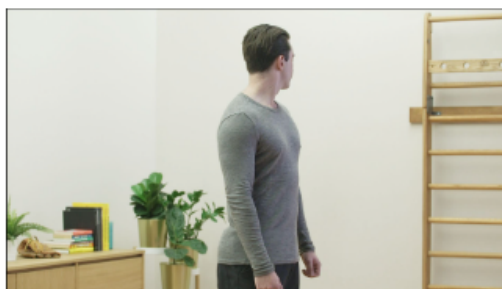
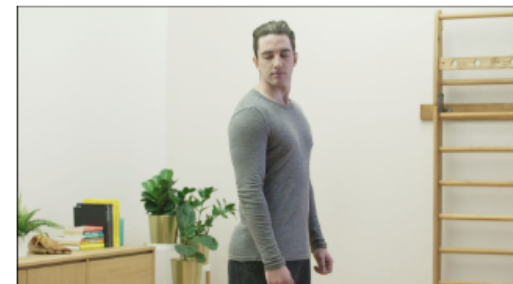
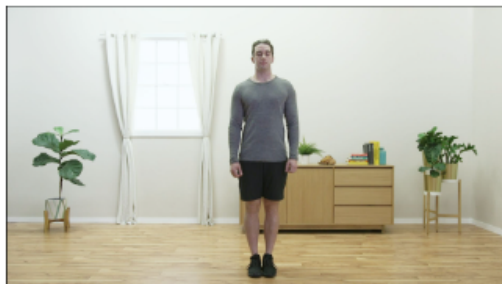


Balance - AROM cervical rotation (feet together, eyes closed)

Exercise Details

| | |
|-----------------|------------|
| Sets | 1 |
| Reps | 12 |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet together, head up and chest tall. Now close your eyes. Keeping your chest straight, rotate your head to look over your shoulder. Then rotate your head to look over your other shoulder to complete the exercise. Remember to focus on maintaining your balance throughout the exercise. [See Less](#)



Tandem walking with VOR rotation

Exercise Details

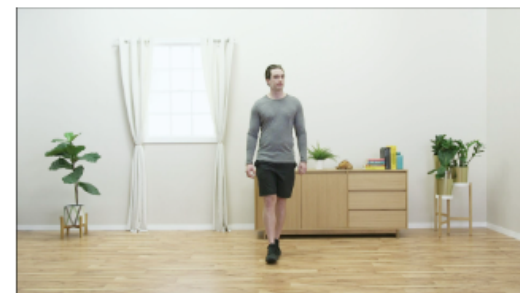
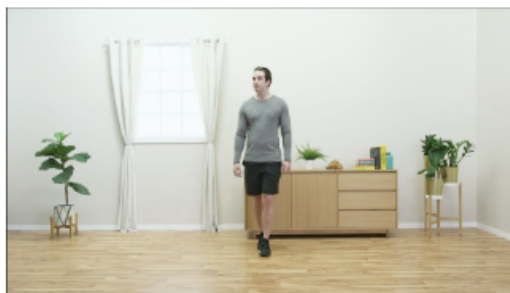
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up and chest tall. Keeping your eyes focused on an object within your eye line, turn your head from side to side whilst tandem walking, to complete the exercise. Remember to avoid moving your head too quickly throughout the exercise. [See Less](#)



Tandem line forwards and backwards walking

Exercise Details

Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up, chest tall and your hands on your hips. Keeping your chest straight, begin to walk forwards by placing one foot in front of the other so that the heel of your front foot touches the toes of your back foot. Then walk backwards using the same technique to complete the exercise. Remember to keep your chest tall throughout the exercise. [See Less](#)

