

BALANCE EXERCISES

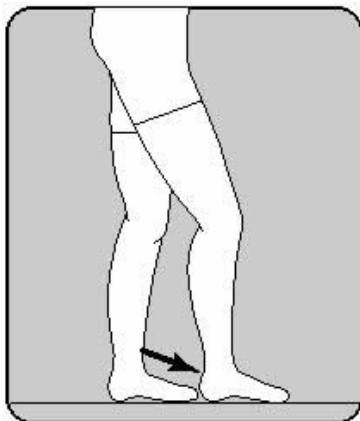


Beam walking

1. Position beam away from edge of pool.
2. Place first foot on beam and continue along the length of beam.
3. Progress to eyes closed

Sets

Repetitions



Tandem walking

1. Stand with one foot in front of the other. Heel of one foot touching toes of the other
2. Move rear foot and place in front of the other while maintaining balance.

Distance

Duration



Balance Board

1. Stand at arms length from side of pool.
2. Place one foot on each end of board.
3. Once stable, release grip and attempt to keep board as flat as possible without support.

Duration



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Standing on One Leg

1. Stand at arms length of the side of the pool
2. Lift one leg off the floor & attempt to balance for 1 minute
3. Perform on opposite leg
4. Progress to eyes closed.

Sets

Repetitions