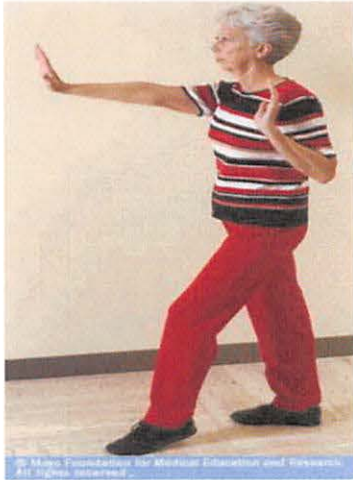


Here are some simple balance exercises you can do at home

Do each exercise 5-10 times. Do all movements in a slow, controlled fashion.

- Don't hold your breath.
- Stop if you feel pain.
- Stretch each muscle after your workout.

BALANCE EXERCISES



Toe touch exercise. Raise you hand to shoulder height with palms facing forward. Extend you R arm and L foot forward, Point your toes. Then repeat with the other arm and leg.



Tandem walking. Walk about 10-20 feet placing your heel in front on your toe like you are "walking the line". You can walk near a wall for support

Step up exercises

are good for increasing leg strength and improving your balance. Step up an down on a step or stool. If you are unsteady you should hold onto a rail or counter top.



Tossing/holding a ball.

Tossing or kicking a ball to another person or against the wall with the grandchildren is an excellent balance exercise that requires strength, anticipation and reactivity.



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Chair stands. Sit upright in a chair. Lean slightly forward and stand up from the chair. Try not to favor one side or use your hands to help you. Sit down slowly and controlled, don't flop into the chair.



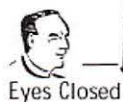
Modified chair stand for people with knee pain. If you have knee pain, put a cushion on a chair so that you are getting up from a higher position. This will allow you to exercise your legs without increasing your knee pain



Leg to side. Hold onto a chair or other stable object. Lift your leg to the side and back down..



Toe rises. Hold onto a chair or other stable object. Rise up on your toes slowly and back down.



Stepping in place. Marching in place is good balance exercise. Begin by holding on to the chair lightly then let go and see how long you



Stand on one foot. Stand near a wall, chair or table for balance. Stand on one leg and count to 10. To progress with balance by trying to balance without holding on, then try swing you foot while you stand on the other foot.

North Carolina Community Falls Program

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