**Balance Exercises**



**Flamingo Stand**

1. Stand with feet together and arm relaxed at sides. Hold onto a chair for support if needed.
2. Bend one knee to lift the foot slightly off the ground and balance with your other leg.
3. Hold for 10 seconds and repeat with other leg.

**Single Limb Stance With Arm**

1. Stand with feet together and arm relaxed at sides. Hold onto a chair for support if needed.
2. Raise your left arm overhead and raise your left leg forward and off the floor.
3. Hold for 10 seconds then repeat on other side.

**Toe the line**

1. Stand with arms relaxed at sides.
2. Move one foot forward, placing the heel of one foot touching or as close as possible to the toes of your other foot. Repeat for 15-20 steps.



**Side Leg Raises**

1. Stand behind a chair or counter with one or both hands using resting on it for support.
2. Lift your right leg out to the side and repeat 10 times for each leg.

**Clock Reach**

1. Begin standing, holding a chair with your left hand. Imagine a clock with 12 o’clock in front of you and 6 behind.
2. Stand on your left leg, bring your right arm to 12 o’clock and reach to 3 o’clock to your side, and 6 o’clock towards the back. Repeat with other side.