Balance
Facts on Balance

Falls are a serious problem for the elderly. (1)

Balance training can reduce falls and increase confidence in mobility. (2)

Balance is important for many athletic movements. (3)

An injury is less likely to be re-injured with the addition of balance training during rehab. (4)
Introduction to Balance program

- Wear comfortable clothes
- Perform Balance! in bare feet and on a flat surface
- Build up to the suggested time slowly
- 30 seconds with eyes open
- 20 seconds with eyes closed
  (Only perform eyes closed exercises if you feel stable and are not dizzy.)
- Alternate legs for each exercise
- Master each exercise before moving on to the next one
- If you feel dizzy or lose your balance: stop the exercise and consult your healthcare provider.
To reduce the risk of falls and injury and to complement the specific balance exercises presented in this program we recommend:

- Live actively
- Engage in regular exercise
- Perform postural exercises to maintain upright posture
- Eat a balanced, healthful diet with adequate levels of protein, calcium, and vitamin D
- Keep hydrated
- Avoid overuse of sedatives
- Check with your health care provider before beginning the exercises especially if you are elderly

(references 5–10)
Maintain a level pelvis – no arching of the low back
Progression of Training:

Move from supported to unsupported
Add head rotation
Add head extension
Balance with eyes open
Balance with eyes closed
Single leg standing with support
Single leg standing with head rotated to the standing leg side with support
Single leg standing with head rotated to the lifted leg side with support
Single leg standing without support
(only perform this series of unsupported exercises if you are free from balance issues)
Single leg standing with head rotated to the standing leg side without support
Single leg standing with head rotated to the lifted leg side without support
Single leg standing with head extended without support
Single leg standing without support and eyes closed
(only perform this series of eyes-closed exercises if you are free from balance issues)
Single leg standing with head rotated to the standing leg side without support and eyes closed
Single leg standing with head rotated to the lifted leg side without support and eyes closed
Single leg standing with head extended without support and eyes closed
Balance exercises can help increase stability, decrease risk for falls, and help prevent re-injury.

Living actively, exercising regularly, and maintaining upright balanced posture can also help to improve balance.

Stay hydrated, eat healthy, and avoid overuse of sedatives. (see selected references)

Enjoy challenging yourself with Balance.
Selected References


