

### 3. Sample Balance Exercises

(from How to Prevent Falls

by Betty Perkins-Carpenter, Ph. D.)

*Remember to check with your physician or physical therapist before beginning exercises.*

#### FOR STARTERS:

Stand with feet slightly apart. Place both hands on the back of a stationary chair in front of you.



1. Holding onto the chair, raise your right knee so your foot is a few inches off the floor.

Allow your right leg, from knee to foot, to hang loose.

2. Hold this position and slowly count to three.

Return right leg to starting position and relax.

3. Perform the activity with your left leg.

Now repeat once with right leg, then with left leg.

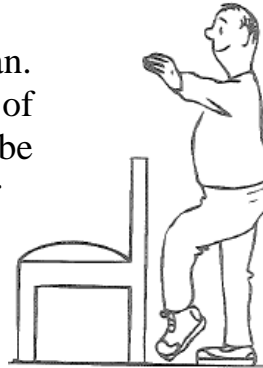


4. Now “play the piano” by rippling your finger-tips on the back of the chair.

5. While “playing piano,” repeat lift-

6. Now, raise your right knee so that your foot is a few inches off the floor. Slowly, and relaxed, let go of the chair and gently raise your arms, little by little, until you find your balance point.\*

7. Hold this position as long as you can.  
(At first, it might be just a fraction of a second, but gradually you will be able to hold your position for longer intervals).



8. Return your hands to the chair and lower your right leg. RELAX.

9. Repeat with your left leg.

*Remember to maintain your posture— keep straight back.*

(REPEAT: 4 to 5 times)

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\* Your “Balance Point” refers to the position in which, when you are balancing, your weight is evenly positioned and you feel comfortable, safe and secure.