

MARIN PHYSICAL THERAPY

Balance Exercise

Hold _____ Seconds, Repeat _____ times



1. Two feet together

Stand in a corner with a chair or someone
In front of you for safety if necessary.

Progress each exercise as you are able to
include:

- Eyes open
- Eyes closed
- Visual pursuits > look with eyes only from
corner to corner of room (don't turn head)
- Head turns (move eyes and head) side to
side, up and down eyes open / closed



2. Two feet. On foam or pillow.



3. Single leg.



4. Single leg on foam or pillow.