

MARIN PHYSICAL THERAPY

Balance Exercise

Hold _____ Seconds, Repeat _____ times



5. Limits of stability (side)

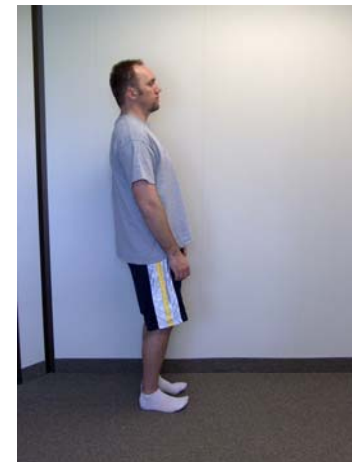


6. Limits of stability (forward)



7 a. Lean forward

8. Walk on a treadmill.
Progress to no hands only if someone capable is along side.
Progress to using ankle weights.



7 b. Lean back