

# MARIN PHYSICAL THERAPY

## Balance Exercise

Hold \_\_\_\_\_ Seconds, Repeat \_\_\_\_\_ times



1. Two feet together



3. Single leg.

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.



4. Single leg on foam or pillow.