Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Balance Exercises Level 3

Always perform these exercises near a sturdy support such as a wall or stable chair.
Stop immediately if you feel dizzy or unsteady and sit down safely.



Walking and Clapping
Walk in a straight line.

Clap your hands left and right, up and down while you are walking.

Do this for ____minutes/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



Walking and Counting
Walk in a straight line, count backwards from any number.

Do this for _____steps/ metres, _____sets.

Ensure that someone is supervising you when doing this exercise.



Obstacle Walking - Crossing Kerbs
Place some shoe boxes/blocks on the floor.
Walk and cross these obstacles.

Perform ____minutes/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



Ball Kicking
Find a small ball and kick it to your partner.

Similarly, retrieve the ball with your feet as it returns.

Walk and continue kicking, retrieving the ball.

Do this for ____minutes/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



Backwards Walking
Walk backwards along a straight line.

Perform for ____steps/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



Walking and Throwing
Find a small ball and throw the ball to your partner.

Similarly catch the ball as it returns.

Walk and continue throwing and catching the ball.

Do this for ____minutes/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



Walking and Bouncing
Find a small ball.
Walk and bounce the ball as many times as you can.

Do this for ____minutes/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



Toe Walking
Walk on your toes.

Do this for ____steps/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.

To increase the difficulty, you may do the following:
1)Gradually reduce how much you hold on to the support
2)Take bigger steps

Obstacle Walk - Picking Up Objects
Place some large objects on the floor, spaced apart.

Walk around and pick them up.

Do this for ____steps/ metres, ____sets.

Ensure that someone is supervising you when doing this exercise.



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