Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Balance Exercises Level 1

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.



Standing: Unsupported with Feet Apart
Try to maintain standing position for ____seconds, ____reps, ____sets.

To increase difficulty, you may do the following:
1)Place your arms across your chest
2)Close your eyes



Standing: Unsupported with Feet Together
Keep your feet close together.

Try to maintain standing position for ____seconds, ____reps, ____sets.

To increase difficulty, you may do the following:
1)Place your arms across your chest
2)Close your eyes



Standing on Soft Surface
Place ___layers of towel/ pillow on the floor.
Ensure it will not slip.

Standing on the towel/ pillow for ___seconds, ___reps, sets.

To increase difficulty, you may do the following:
1)Place your arms across your chest
2)Close your eyes



Tandem Standing
In standing, place your left foot in front with the heel touching the toes of your right foot.

Hold this position for ____seconds, ____reps, _____sets.

Repeat with the right foot in front.

To increase difficulty, you may do the following:
1)Place your arms across your chest
2)Close your eyes



Standing: Weight Shift
In standing, shift side to side.

You should feel your weight going onto one leg, then shift all your weight to the other leg.

Hold ____seconds, ____reps, ____sets.



Standing: Small Ball Toss
Find a small ball and throw the ball to your partner.

Similarly, catch the ball as it returns.

Do this for _____minutes, ____sets.



Single Leg Stand
Try to maintain standing position for ____seconds, ____reps, _____sets.

To increase difficulty, you may do the following:

1)Place your arms across your chest
2)Close your eyes

Standing: Shoulder Twist
Stand with hands apart or across your body.

Turn around as much as you can without moving your feet and look left, then right. Do this slowly.

Perform _____reps, ____sets.

You may place your feet together to make it more difficult.



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