Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Balance Exercises Level 2

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.



Side Stepping
In standing, take a step sideways with your left foot, then return to starting position.

Perform ____reps, _____sets.
Then repeat with your right leg.

To increase the difficulty, you may do the following:
1)Reduce the handhold support
2)Take bigger steps



Front Stepping
In standing, take a step forward with your left foot, then return to starting position.

Perform ____reps, ____sets.
Then repeat with your right leg.

To increase the difficulty, you may do the following:
1) Reduce the handhold support
2) Take bigger steps



Standing and Reaching
In standing, reach in multi-directions - forward, upward, sideways and downwards without moving your feet.

Perform ____reps, _____sets.

Ensure someone is supervising your while you do this exercise.



Tandem Walking
Place left foot in front with heel almost touching the toes of the right foot.

Now walk 'heel to toe', in a straight line.

Perform ____metre, ____sets.



Step Up/ Down a Block
Find a block or small step at home.
Ensure that the environment is safe.

Step up with your right foot and return it onto the floor again.

Perform____reps,____sets.

Then repeat with your left leg.

To increase the difficulty, you may do the following:
1) Stepping up and down alternately
2) Increasing the height of the step



Quadrant Stepping
Place foot markets in a circular clock fashion as shown in the diagram.

In standing, take a step forward with your right foot;
return to starting position.

Repeat this, stepping forward, diagonally, sideways and backwards.

Perform ____reps, _____sets.

Repeat the exercise with your left foot.

You may try placing the foot markets further away to make it more difficult.



Sideways Walking
Walk sideways to your right for ____metres, _____sets.

Repeat this in the opposite direction.

To increase the difficulty, you may do the following:
1)Reduce the handhold support
2)Take bigger steps



Marching on the Spot
March on the spot alternately.

Perform ____steps, ____sets.

To increase the difficulty, you may do the following:
1) Reduce the handhold support
2) Lift your knees higher

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