

EXERCISES TO HONE YOUR BALANCE SKILLS

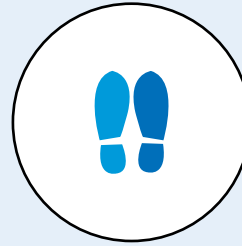
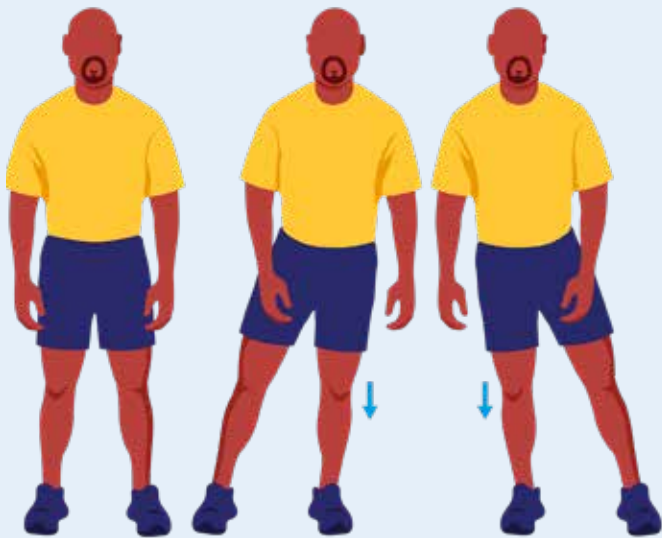
After you've taken the balance test on page 5, use the exercises below to strengthen your balance in the areas where you need the most improvement. With these exercises, work on making them harder just a little at a time.



SET 1: TO WORK UP TO SIDE-BY-SIDE STAND

If standing with your feet side by side was hard for you:

- Stand with your feet at a comfortable distance apart
- Try shifting your weight from the right side to the left side without lifting your feet off the ground
- Stand with one foot forward as if you are taking a step
- Shift your weight to the forward foot and then to the back foot without lifting your feet off the ground



SET 2: TO STEADY SIDE-BY-SIDE STAND

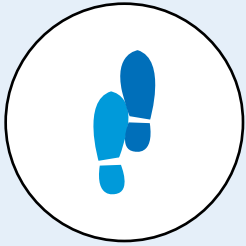
If you can stand with your feet side by side but you tend to sway, keep practicing this position until it gets easier. When this position feels easier, make it harder by:

- Turning your head to the right and to the left
- Looking up
- Looking down
- Reaching your arms in the air
- Closing your eyes



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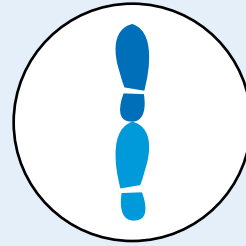
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SET 3: TO IMPROVE INSOLE-TO-TOE STAND

If standing with your feet side by side is easy but you have trouble placing the instep of one foot so that it's touching the big toe of the other foot, practice until you feel comfortable with it. When you're ready to challenge yourself, try:

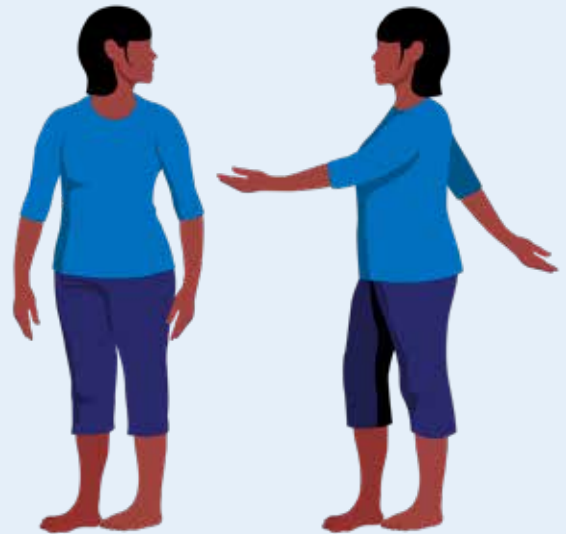
- Reaching your right arm out while looking to your right
- Reaching your left arm out while looking to your left
- Touching your knees
- Touching the top of your head
- Closing your eyes
- Closing your eyes and then turning your head



SET 4: TO IMPROVE TANDEM STAND

The tandem stand generally isn't easy for anyone. If you need to, touch a wall while you place your feet in this position. Then, lightly and briefly let go. Work your way up to holding this position for 10 seconds. From there, challenge yourself by:

- Slowly turning your head
- Moving your arms



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