

**SINGLE LEG STANCE - SLS**

Stand on one leg and maintain your balance.

Repeat 5 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day

**TANDEM STANCE WITH SUPPORT**

Stand in front of a chair, table or counter top for support. Then place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position.

Repeat 5 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day

**SINGLE LEG STANCE - FORWARD SLS**

Stand on one leg and maintain your balance.

Next, hold your leg out in front of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VVT7FXB8Y

Repeat 5 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



SINGLE LEG STANCE - LATERAL SLS

Stand on one leg and maintain your balance.

Next, hold your leg out to the side of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VVMHVNLKA

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



SINGLE LEG STANCE - RETRO SLS

Stand on one leg and maintain your balance.

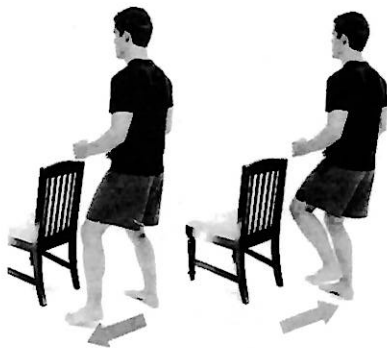
Next, hold your leg out behind your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VV9W9GST6

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



MINI LATERAL LUNGE

Step to the side and balance on the leg. Next return to the original position. Your knees should be bent about 30 degrees while performing.

Stand in front of an object for balance if needed. Video # VVM3EP8WE

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Lateral Weight Shifts

Shift weight on either feet

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



CROSS OVER WALK - CARICOA

Take steps to the side as you cross one leg over the other leg. Alternate crossing your leg over the front, then behind the back of the other leg. Focus on slow and controlled movements.

NOTE: As you perform this, you should be stepping in only one direction for several feet, then perform the other direction for several feet.

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



BALL ROLLS - HEEL TOE

In a standing position, place one foot on a ball and roll it forward and back in a controlled motion from heel to toe while maintaining your balance. Video # VV9SNEU6C

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



BALL ROLLS - LATERAL

In a standing position, place one foot on a ball and roll it side to side in a controlled motion from the inner side of your foot to the outer side of your foot while maintaining your balance. Video # VV5Y8DVDF

Repeat 5 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day