

IMG PHYSICAL THERAPY

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Balance & Falls Exercise Sheet

Training, Working out, or Rehabilitation of the whole body has many benefits, but may take an extended period of time. A loss of strength, range of motion, and use is common as we age, but does not mean activity levels should decrease as well. The purpose of these exercises is to improve the ability to maintain balance during sitting, standing or walking activities; and to increase one's general activity level and safety in a variety of home and community situations. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

- * Any specific exercise that causes pain, especially sharp knife like pain, may lead to an injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercises may be too difficult or are not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation or the training process will slow your progress. If you sustain recurring pain either decrease the intensity, amount of repetitions, or time performing the exercise.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase pain or swelling.
- * When in doubt about how many repetitions, sets, or length of stretch, guess low. It is safer and easier to add time or range of motion than to hurt yourself with too aggressive of an intensity to start.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

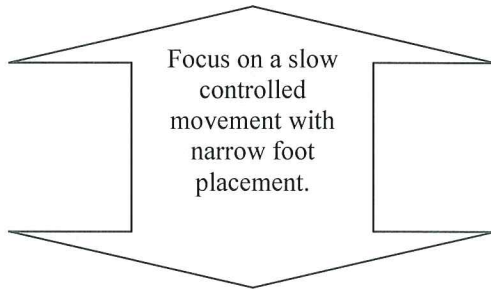
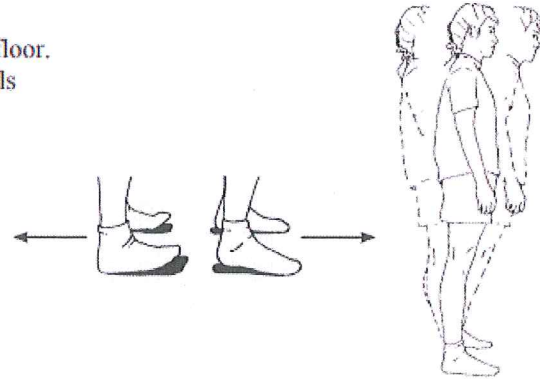
Weight shift: Anterior/posterior (limits of stability)

Slowly shift weight backward until toes begin to rise off floor.
Return to starting position. Shift weight forward until heels begin to rise off floor.

Hold each position _____ seconds.

Repeat _____ times per session.

Do _____ sessions per day.



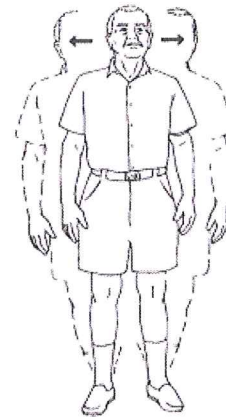
Weight shift: Lateral (limits of stability)

Slowly shift weight to right/left as far as possible, without taking a step. Return to starting position.

Hold each position _____ seconds.

Repeat _____ times per session.

Do _____ sessions per day.

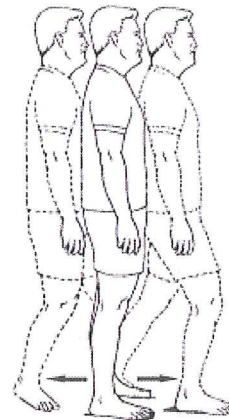


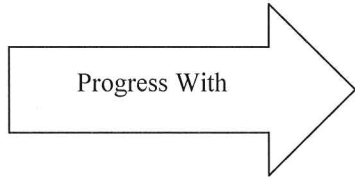
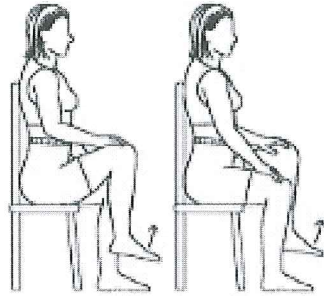
Single step: Forward/backward

Lifting foot off floor, take one step slowly/quickly forward with right/left leg.
Return to starting position. Take one step backward and return.

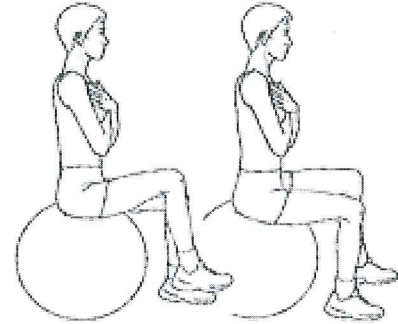
Repeat _____ times per session.

Do _____ sessions per day.





BALANCE - 15 Seated Alternating Leg Raise (Marching)



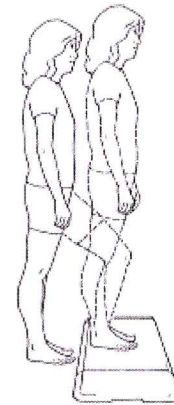
Raise bent knee and return. Repeat with other leg.
Do ____ sets of ____ repetitions.

Sit on ball. Raise bent knee and return. Repeat with other leg.
Do ____ sets of ____ repetitions.

Step-ups: Forward

Leading with right/left leg, bring both feet onto a ____ inch step.
Return to starting position leading with right/left leg.

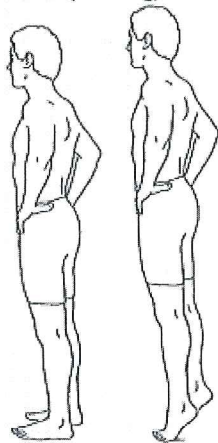
Repeat ____ times per session.
Do ____ sessions per day.



ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

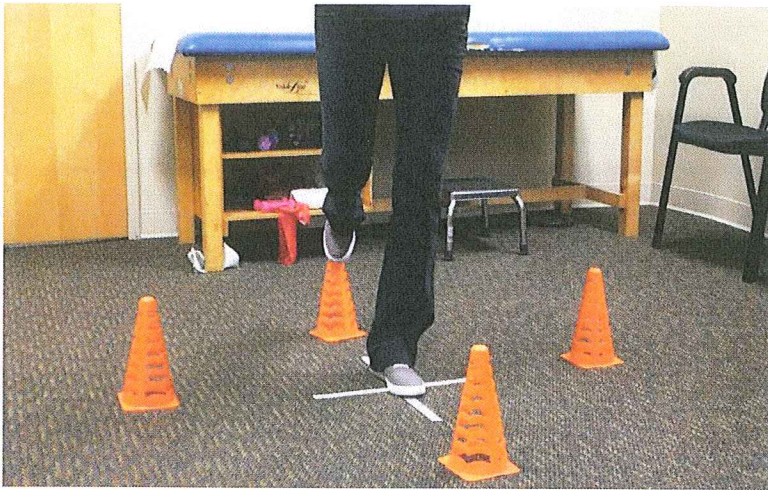


ANKLE / FOOT - 22 Toe Raise (Standing)

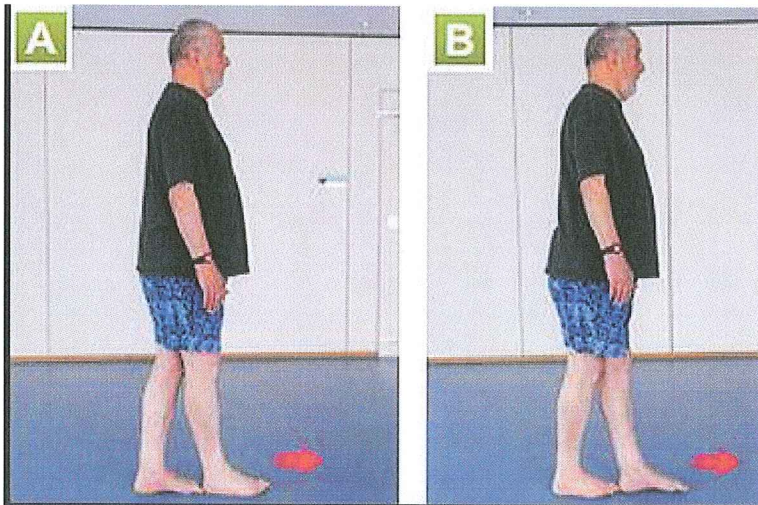
Rock back on heels.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.





Single Leg Stance with Taps.
 Standing on one leg, use the other to tap each cone placed approximately 8 inches in each direction from the starting point. Return to starting position after one tap.
 Repeat _____ times per session
 Do _____ sessions per day



Tandem Walking
 On a stable surface, Keep your ab muscles tight, and your chin tucked in
 Place one foot in front of the other so that the heel of the forward foot touches the toes of the rear foot
 Move forward as if you were on a tightrope with the heel of one foot touching the toes of the other.
 Walk about 10 feet.
 Repeat _____ times per session
 Do _____ sessions per day