

# Balance Exercises

## I. Static Balance Exercises

### A. Feet Position

1. Stand still
2. Feet Together
3. Offset
4. Tandem
5. Single Leg

### B. Complicate the positions

1. On foam
2. On inclined board
3. On wobble board
4. On trampoline
5. On dynadisc

### C. Add additional tasks

1. Reaching
2. Perform gaze stabilization exercises
3. Provide perturbations
4. Catch a ball (1 hand/2 hands)

## II. Dynamic Balance Exercises

### A. Regular Walking

1. March in place
2. Change speed of walking
3. Uneven terrain
4. Side stepping
5. Retro-walking

### B. Complicate the task

1. Eyes open/closed
2. Head turns
3. Stepping over obstacles

### C. Add additional tasks

1. Tap balloon
2. Catch a ball
3. Carry cup of water
4. Add eccentrics