

ACTIVITY PLAN: BALANCE

Aim: Improve overall balance.

Frequency: 2-3 times per week

Duration: 10 minutes

Equipment: A chair, a step and a towel/blanket

💡 **Tip:** Balance is best improved when barefoot. However, all these exercises can be done either with shoes on or barefoot.

Start all exercises by standing upright on both feet and holding something sturdy for support unless stated otherwise.

Tip toe hold



Description

1. Slowly lift your heels and arches off the ground so you stand on the balls of your feet and toes.
2. Hold for 20-30 seconds.
3. Slowly lower your feet down so they are flat again.
4. Repeat twice through.

Tip: when barefoot, see if you can achieve the sensation of “gripping” the ground with your toes.

Single leg balance



Description

1. Shift your weight to your right leg and pick your left foot off the ground.
2. Hold for 20-30 seconds.
3. Return your foot to the ground.
4. Repeat on the other side.

Challenge: stand on a folded towel or blanket to create an unsteady surface to balance on.

Tight rope walk



Description

1. Imagine a straight line on the floor in front of you.
2. Walk along the line by placing one foot directly in front of the other.
3. Continue for 20 - 30 steps.

Tip: Looking ahead rather than at your feet will help improve your balance.

Rocking back and forth



Description

1. Lift your heels and then arches off the ground so you stand on the balls of your feet and toes.
2. Slowly lower your feet down so they are flat again.
3. Lift your toes and arches to stand on your heels.
4. Continue slowly rocking from toes to heels with control.

Repeat: 5 total.

Step up



Description

1. Find a natural step, either in your home or outdoors.
2. Place your right foot on the step, making sure the whole foot is supported.
3. Step up and down with just the left foot, leaving the right foot in position.
4. When finished, repeat on the other leg.

Repeat: 10 steps on each foot.

Marching



Description

1. Bend one knee so it is at 90 degrees and lift it to hip height.
2. Straighten your leg and place this foot down.
3. Repeat on the other side.

Repeat: 10 each leg for a total of 20

Tip: try to minimise the movement in your torso and arms to challenge your core strength.

Toe spread



Description

1. Start with a relaxed foot.
2. Spread your toes away from each other, creating as much space between each toe as possible.
3. Hold for 15 seconds.
4. Relax your toes.
5. Repeat on the other foot.

Seated leg lifts



Description

1. Sit in a chair where your feet rest on the ground.
2. Extend your right leg so your leg and knee are straight.
3. Bend your knee to lower your foot back to the floor.
4. Repeat with the other leg.

Repeat: 10 each leg for a total of 20.

Ankle circles



Description

1. Start in a seated position with your feet on the floor.
2. Hover one foot off the ground.
3. Slowly rotate the ankle in a circular motion.
4. Return your foot to the floor and repeat with the other foot.

Repeat: 5 circles in each direction on each foot.

Progression: Let go of the support and eventually complete standing exercises without holding on.