Balance Training

GUIDELINES FOR HOME EXERCISE

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Please consult your physician before performing any of these exercises

Frequency
- 2-3 non-consecutive days per week
- 1-3 sets

Intensity
- Rated Perceived Exertion (RPE) 12-14 (somewhat hard)
- 8-10 repetitions
- Rest 45 seconds between each set

Type
- Resistance Bands
- And Dumbbells

Time
- Should not interfere with cardiovascular training

Additional Guidelines:
- Use slow, controlled movements
- Exhale on exertion
- Avoid straining
- Stop training if you have any joint pain during the movement
- Minimize rest between set exercises
- Burning sensation in muscles is normal
- Prioritize exercises that are the most challenging
- Stop exercising if you feel anything abnormal, and call your doctor immediately
- For single leg exercises, use a chair to support you if balance is an issue
- Exercises performed are done at your own risk

Progression

- Please reference the following photos to assess your current level of skill. All balance exercises should begin at Level 1 with both hands firmly on the chair. As you become more comfortable and stable, progress to Levels 2 and 3.
Balance Exercises - Static

**Sit-to-Stand**
- Begin by sitting comfortably in a chair.
- Distribute your weight evenly on your feet and stand up.
- Once you have stood up completely, slowly sit back down in the chair.
- Use the arms of the chair to assist if you struggle with balance.
- Complete 10 repetitions.

![Image of man sitting and standing](image1)

**The Mummy**
- Begin by standing behind your chair.
- Please be sure that both hands are firmly on the chair in front of you.
- Begin by shifting your weight to the right side, and then back to the left and repeat this pattern.
- Keep your legs straight.
- Complete 10 repetitions each side.

![Image of man shifting weight](image2)
**Side Leg Kick**

- Stand upright with feet together.
- Utilize a chair to progress your balance.
- Slowly raise one leg out toward the side of your body.
- Keep your knee straight.
- Keep your upper body straight and don’t lean side to side.
- Slowly return your leg to the starting position.
- Complete 10 repetitions and then switch sides.

![Side Leg Kick](image1)

**Back Leg Kick**

- Stand upright with feet together.
- Utilize a chair to progress your balance.
- Slowly raise one leg back behind your body.
- Keep your leg as straight as possible.
- Keep your back straight throughout the movement.
- There should be a slight arch in your lower back but no leaning forward.
- Slowly return your leg to the starting position.
- Complete 10 repetitions and then switch sides.

![Back Leg Kick](image2)
Single Leg Balance Exercise

- Start upright with feet shoulder-width apart.
- Utilize a chair to progress your balance.
- Stand on your right leg and balance for as long as possible.
- Utilize pictures on the left for progression.
- Return to the starting position.
- Complete 10 repetitions with good form and switch sides.

Reference