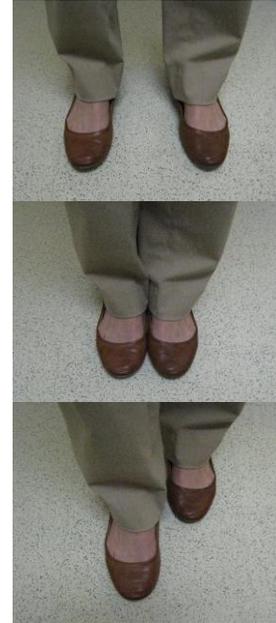


Balance Exercises

Arm Raises- Firm Surface, Eyes Closed



Suggested Accessories

→ Metronome **OR** clock with a second hand. A lightweight dumbbell is optional.

Safety

→ Stand on a firm surface with your back in a corner, close to the wall but not touching. Place a sturdy chair in front of you.

Exercise Instructions

- The goal of this exercise is to maintain good posture **with your eyes closed** as you lift your arms to shoulder height. (90 degrees as in picture)
- Stand tall with your eyes closed and your feet in the proper position as shown in the icon. **Focus on keeping equal pressure between the heels and balls of your feet.**
- For slow arm raises, set the metronome to 30 beats/minute. For fast arm raises, set it to 60 beats/minute.
- As you lift your arms, breathe in. When lowering your arms, breathe out and pull your belly button in towards the spine.
- You can use no weight or a light weight for these exercises.

Exercise Variations—Eyes Closed Arm Raises

Perform the checked exercises for 30 seconds each, ___ times per day, ___ times per week.

Firm Flat			Fast	<input type="checkbox"/>	Stand on a firm surface, feet apart, eyes closed and perform fast arm raises
Firm Flat			Slow	<input type="checkbox"/>	Stand on a firm surface, feet apart, eyes closed and perform slow arm raises
Firm Flat			Fast	<input type="checkbox"/>	Stand on a firm surface, feet together, eyes closed and perform fast arm raises
Firm Flat			Slow	<input type="checkbox"/>	Stand on a firm surface, feet together, eyes closed and perform slow arm raises
Firm Flat			Fast	<input type="checkbox"/>	Stand on a firm surface, feet partial heel to toe, eyes closed and perform fast arm raises
Firm Flat			Slow	<input type="checkbox"/>	Stand on a firm surface, feet partial heel to toe, eyes closed and perform slow arm raises

***Exercises should be challenging but safe!**

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

Last Revised: 04/2016

This work has been supported by the National Science Foundation (NSF GARDE 1159635)