

Balance Exercises

Arm Raises- Toes Down



Suggested Accessories

- Metronome **OR** clock with a second hand. A lightweight dumbbell is optional.
- Ramp **OR** ~3-inch thick hardcover book

Safety

- Place the ramp in a corner, close to the wall but not touching. Place a sturdy chair in front of you, and hold onto it as you step on and off the ramp.

Exercise Instructions

- **Stand on a ramp with your toes pointing down OR with stand your heels on the 3” hardcover book.**
- The goal of each exercise is to maintain good posture on the ramp and stay balanced as you lift your arms forward to shoulder height. (90 degrees as in picture)
- Stand tall with your feet in the proper position as shown by the icon.
- 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. All exercises should be performed **standing on the ramp or book with eyes open.**

Exercise Variations—Arm Raises

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

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|--|---|---|------|--------------------------|--|
|  |  |  | Fast | <input type="checkbox"/> | Stand on the ramp with your toes pointing down, feet apart, eyes open and perform fast arm raises |
|  |  |  | Slow | <input type="checkbox"/> | Stand on the ramp with your toes pointing down, feet apart, eyes open and perform slow arm raises |
|  |  |  | Fast | <input type="checkbox"/> | Stand on the ramp with your toes pointing down, feet together, eyes open and perform fast arm raises |
|  |  |  | Slow | <input type="checkbox"/> | Stand on the ramp with your toes pointing down, feet apart, eyes open and perform slow arm raises |
|  |  |  | Fast | <input type="checkbox"/> | Stand on the ramp with your toes pointing down, feet partial heel to toe, eyes open and perform fast arm raises |
|  |  |  | Slow | <input type="checkbox"/> | Stand on the ramp with your toes pointing down, feet partial heel to toe, eyes open and perform fast 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.

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