

Balance Exercises

Weight Shifting- Front to Back, Eyes Closed



Suggested Accessories

- Clock with a second hand

Safety

- Stand 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 keep your feet in one position and move your bodyweight forward and backward **while closing your eyes**. Most of the movement is from the ankle and hips. You are trying to use a strong core and not bend at the waist.
- Stand on a firm surface, and position your feet shoulder width apart. Focus on putting equal pressure on both feet and **close your eyes**.
- Tilt your body forwards by shifting your bodyweight to the balls of your feet. Hold this position for 5 seconds.
- Shift your weight backwards to your heels. Hold this position for 5 seconds.
- Move back to your neutral position. Repeat this exercise 10 times.
- When you shift your weight **try not to lift your heels and toes**. Concentrate on feeling the pressure on the balls of your feet, and then on your heels.

