

Balance Exercises

Weight Shifting on Foam, Eyes Closed- Front to Back



Suggested Accessories

- Clock with a second hand
- Foam surface **OR** removable couch cushion **OR** pillow

Safety

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

Exercise Instructions

- The goal of this exercise is to keep your feet in one position and move your bodyweight forward and backward **on a foam surface with your eyes closed**. Most of the movement is from the ankles and hips. You are trying to use a strong core and not bend at the waist.
- Stand on **the foam with your eyes closed**, and position your feet shoulder width apart. Focus on putting equal pressure on both feet.
- 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.

Exercise Variations*

Perform the checked exercises for 30 seconds each, 10 times per day, ____ times per week.



Stand on a foam surface with your eyes closed, shift your weight **slowly**, reaching **½ of your maximum tilt**.



Stand on a foam surface with your eyes closed, shift your weight **faster**, reaching **½ of your maximum tilt**.



Stand on a foam surface with your eyes closed, shift your weight **slowly**, reaching **your full (maximum) tilt**.



Stand on a foam surface with your eyes closed, shift your weight **faster**, reaching **your full (maximum) tilt**.

*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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