

Balance Exercises

Weight Shifting – Side to Side on Foam



Suggested Accessories

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

Safety

- Place the foam 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 from side to side **on a foam surface**. 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 a foam surface and position your feet slightly wider than shoulder width apart. Focus on putting equal pressure on both feet.
- Position your feet slightly wider than shoulder width apart.
- Perform side to side movements by shifting your weight from one leg to the other.
- Shift your weight to the right leg and hold for 5 seconds. Then shift your weight to your left leg and hold for 5 seconds.
- Move back to your neutral position. Repeat this exercise 10 times.
- When you shift your weight **try not to keep your feet in one place, but your heels may slightly lift up from the ground**.

Exercise Variations*

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



Stand on foam, eyes open and shift your weight to each side slowly, reaching ½ of your maximum tilt.



Stand on foam, eyes open and shift your weight to each side quickly, reaching ½ of your maximum tilt.



Stand on foam, eyes open and shift your weight to each side slowly, reaching your full (maximum) tilt.



Stand on foam, eyes open and shift your weight to each side quickly, 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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