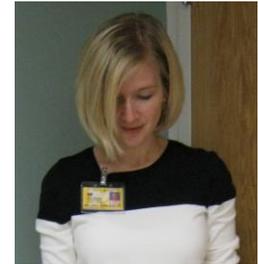
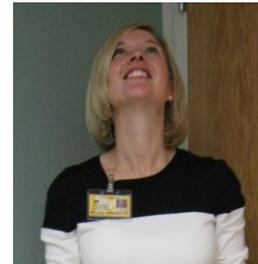


# Balance Exercises

## Foam Surface- Feet Together



### Suggested Accessories

- Metronome **OR** 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 to it as you step on and off the foam.

### Exercise Instructions

- The goal of this exercise is to maintain good posture (stand tall) and minimize your sway, but not be stiff and tense.
- Stand on the foam surface with your **feet together**, as shown in the icon. **Focus on keeping equal pressure between the heels and balls of your feet.**
- There are 6 variations of this exercise (see below). It is normal to feel your leg muscles working hard, especially with the difficult exercises.
- For exercises with head turns, set your metronome to 60 beats per minute (one movement per second). Head movements should be in a comfortable range and not cause neck pain.
- Perform each exercise for 30 seconds

## Exercise Variations—Foam Surface\*

Perform the checked exercises for 30 seconds each, \_\_\_\_\_ times per day.

- |   |   |   |   |  |   |
|---|---|---|---|--|---|
| <br>Compliant   |    |    | <input type="checkbox"/>  | Stand on a <b>foam surface, feet together, eyes open</b>   |   |
| <br>Compliant   |    |    |    | <input type="checkbox"/>                                   | Stand on a <b>foam surface, feet together, eyes open. Move your head up, center, down, center</b> at a rate of 1 movement per second      |
| <br>Compliant   |    |    |    | <input type="checkbox"/>                                   | Stand on a <b>foam surface, feet together, eyes open. Move your head left, center, right, center</b> at a rate of 1 movement per second   |
| <br>Compliant   |    |    | <input type="checkbox"/>  | Stand on a <b>foam surface, feet together, eyes closed</b> |   |
| <br>Compliant |  |  |  | <input type="checkbox"/>                                   | Stand on a <b>foam surface, feet together, eyes closed. Move your head up, center, down, center</b> at a rate of 1 movement per second    |
| <br>Compliant |  |  |  | <input type="checkbox"/>                                   | Stand on a <b>foam surface, feet together, eyes closed. Move your head left, center, right, center</b> at a rate of 1 movement per second |

\*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)