

Balance Exercises MIGAN Weight Shifting- Front to Back, Eyes Closed





Suggested Accessories

 \rightarrow Clock with a second hand

<u>Safety</u>

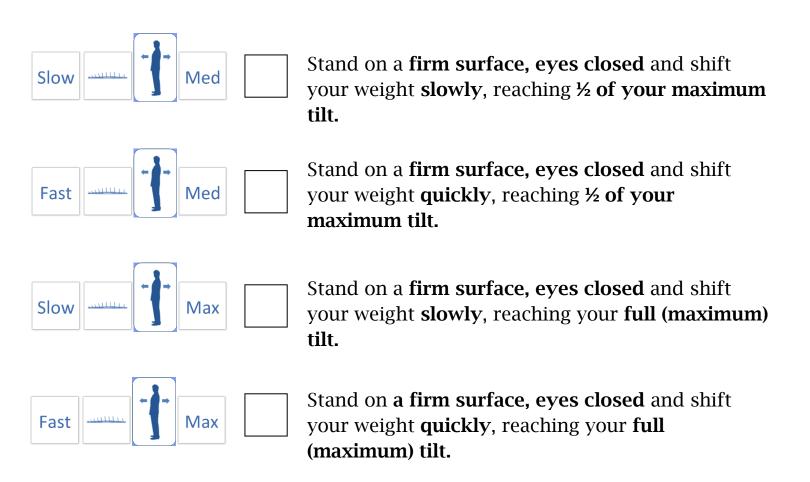
→ Stand with your back in a corner, close to the wall but not touching. Place a sturdy chair in front of you.

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.
- \rightarrow Shift your weight backwards to your heels. Hold this position for 5 seconds.
- \rightarrow 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.



*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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