

# Balance Exercises

Single Leg Stance - Balance  
(Unsupported)



Stand on one leg. Initially start with arm support to protect for fall. Progress as able to reduced support.

Single Leg Stance – Balance



Stand on one leg. Initially start with arm support to protect from fall. Progress as able to reduced support.

Single leg  
Supported



Stand on one leg. Initially start with arm support to protect for fall. Progress as able to reduced support.