

# Seated Balance Program

## Buttock Squeezes



- Sit in a chair with your back straight.
- Squeeze your buttocks together.
- Hold for \_\_\_\_\_ seconds.
- Repeat \_\_\_\_\_ times.

#### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority** [www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Physiotherapy ©*

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