

Balance Program

Heel Raises – 1 Foot

- Holding on to counter with 2 hands Holding on to counter with 1 hand Do not hold on to counter



- Lift one foot. Then stand on the toes of your other foot.
- Hold for _____ seconds, then lower yourself down.
- 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

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