www.nshealth.ca

2026

Seated Balance Program
Buttock Squeezes



- Sit in a chair with your back straight.
- Squeeze your buttocks (bum) together.
- Hold for _____ seconds.
- Repeat _____ times.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

Prepared by: Physiotherapy
Designed and Managed by: Library Services

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To be reviewed November 2029 or sooner, if needed.
Learn more: https://library.nshealth.ca/patient-education-resources