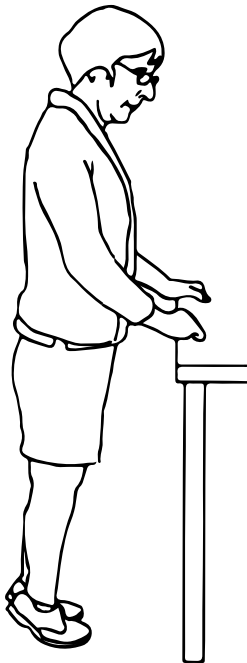


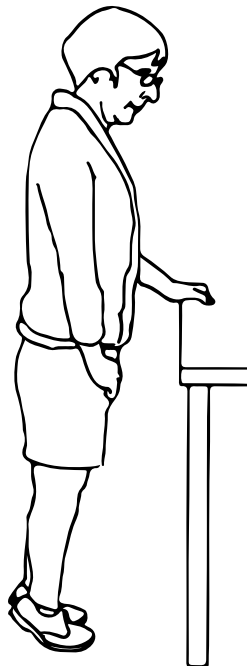
# Balance Program

## Heel Raises – Both Feet

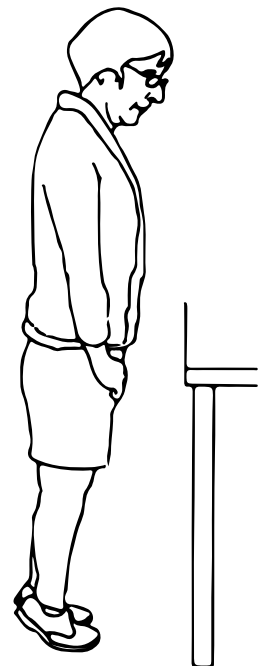
Holding on to counter  
with 2 hands



Holding on to counter  
with 1 hand



Do not hold on to  
counter



- Stand on your toes.
- Hold for \_\_\_\_\_ seconds, then lower yourself down.
- Repeat \_\_\_\_\_ times.

*Prepared by: Physiotherapy  
Designed by: Nova Scotia Health Library Services*

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The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.