

# Seated Balance Program

## Toe Raises



- Sit in a chair with your back straight.
- Move your heels back as far as possible.
- Bend your ankles by lifting your toes off the floor.
- Hold for \_\_\_\_\_ seconds. Relax your feet.
- Repeat \_\_\_\_\_ times.

### Looking for more health information?

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

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 promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*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.