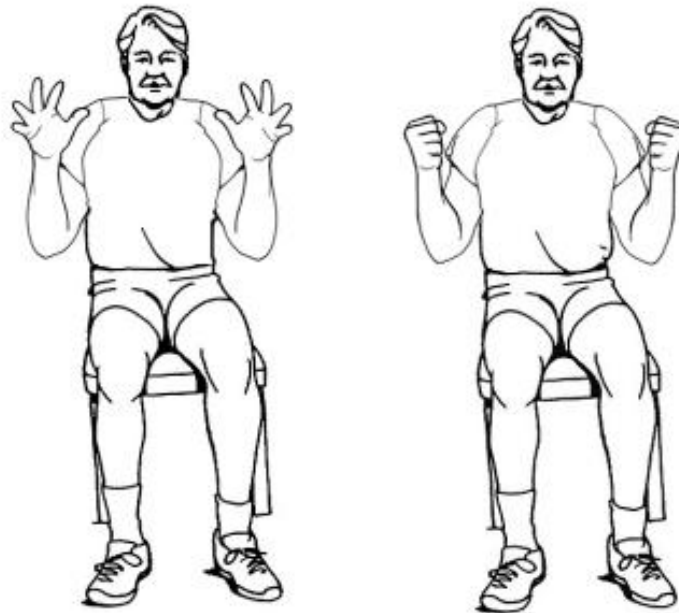


# Seated Balance Program

## Make a Fist



- Sit in a chair with your back straight.
- Bend your elbows, keeping them close to your sides.
- Stretch your fingers apart as far as possible.
- Hold for \_\_\_\_\_ seconds.
- Close your fingers tightly to make a fist.
- Hold for \_\_\_\_\_ seconds.
- Repeat \_\_\_\_\_ times.

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

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

The information in this handout is for informational and educational purposes only.  
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.