

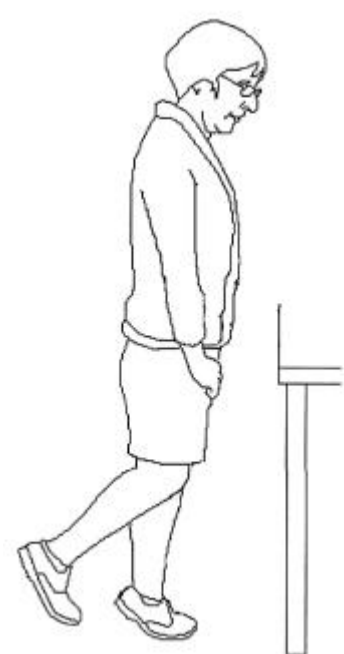
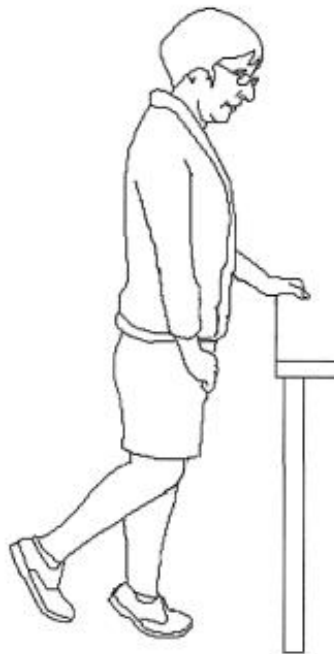
Balance Program

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. Repeat on the other side.

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