

Balance Program Steps



- Stand with a step in front of you.
- Hold on to something (like a counter or railing) for support.
- Lift your foot up, put it on the step, and hold for _____ seconds.
- Keep your body straight.
- Lift your foot off the step and return to the starting position.
- Repeat with your other foot.
- Repeat _____ times with each foot.
- Over time, slowly try to lower the amount of hand support while stepping.

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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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