



COMMUNITY THERAPY SERVICES INC.

101 - 1601 Buffalo Place

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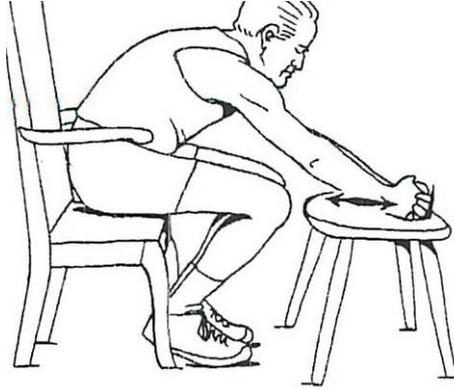
Winnipeg, MB R3T 3K7

Téléphone (204) 949-0533 Telephone

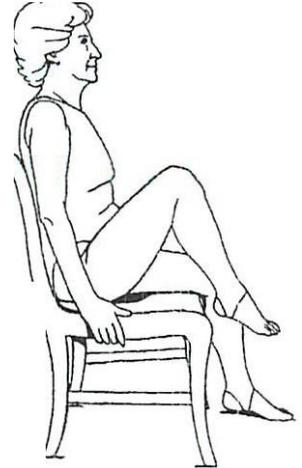
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Balance Exercises Level One

Clasp hands and gently slide them on stool or table as far as possible. Then slide back Lower head going forward and raise head moving back.



Lift knee and then lower it. Alternate knees.



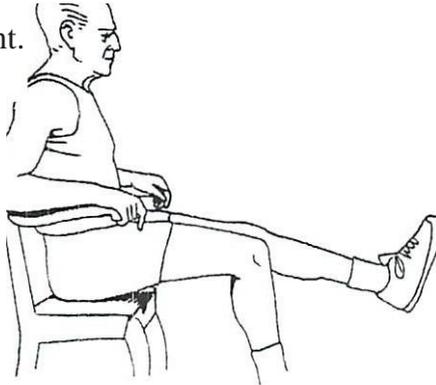
REPEAT: Times
 Times a-Day.

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 Times a Day.

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Straighten leg out in front. Hold and count to 10 seconds out loud. Repeat with other leg.



With feet flat, shift weight from right to left. Try to keep trunk steady while shifting weight.

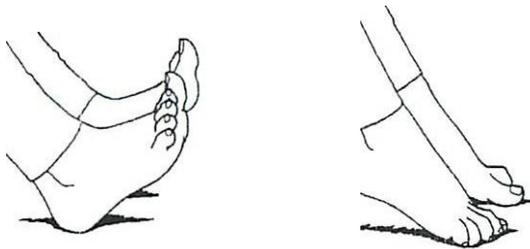


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 Times a Day.

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Sitting or lying down, point toes up, keeping both heels on floor. Then press toes to floor, raising heels.
REPEAT times. Do times per day.

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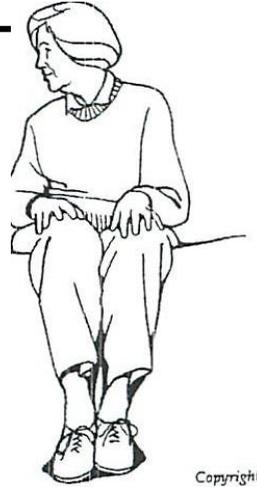
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With feet flat, turn
upper body as far
as possible to the
right,
then to the left.
Work to keep balance.

REPEAT: ___ Times
___ Times a Day.



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