



COMMUNITY THERAPY SERVICES INC.

101 – 1601 Buffalo Place

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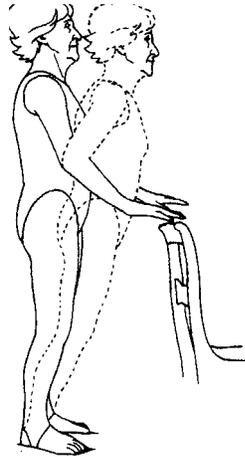
Winnipeg, MB R3T 3K7

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Balance Exercises Level Two

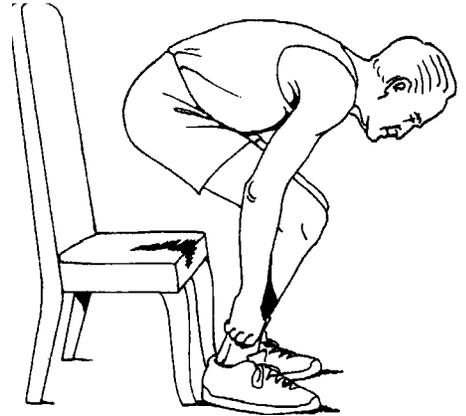
Bring body weight forward and back as far as possible. Try to maintain balance without holding on.



REPEAT: ___ Times
___ Times a Day.

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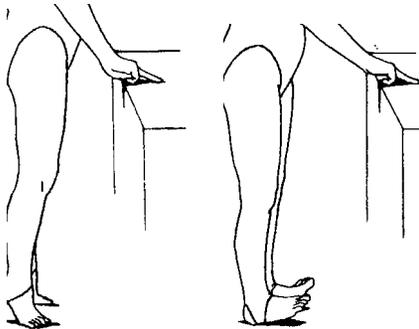
Gently lean body forward and attempt to lift buttocks. Return to starting position.



REPEAT: ___ Times
___ Times a Day.

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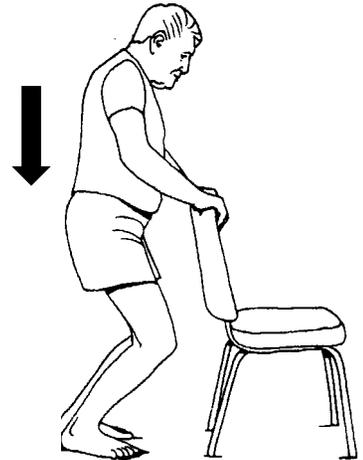
Gently rise up on toes and rock back on heels.



REPEAT: ___ Times
___ Times a Day.

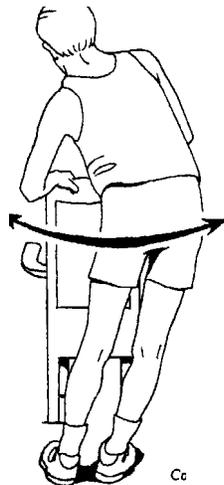
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Holding a chair for balance, slowly bend knees. Keep both feet on the floor.



REPEAT ___ times.
Do ___ times per day.

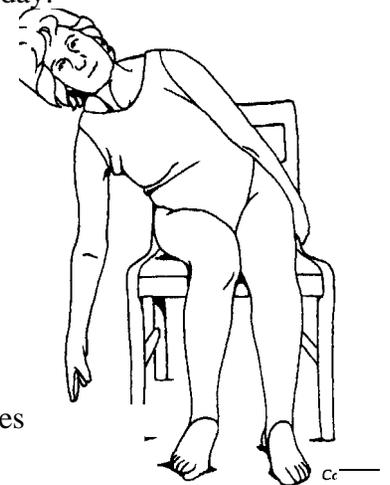
Holding on, lean body weight from side to side.



REPEAT: ___ Times
___ Times a Day.

cc

Tilt upper body as far as possible to left side. Return to midline and repeat to right side.



REPEAT: ___ Times

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