



# Tuesday

## STATIC BALANCE

Try to complete these exercises at least twice throughout the day to assist in maintaining or improving static balance

### #1. STATIC STANDING/NARROW BASE OF SUPPORT



Instructions: Place a walker/chair in front and a chair behind at all times (photo represents feet position only). Try narrowing your feet position to challenge your balance. To make it harder, try holding on with one hand, 2 fingers or no hands.

**Guide: 3 x 30-60 second efforts**

### #2. SINGLE LEG STANCE



Instructions: Place a walker/chair in front and a chair behind. In standing, slowly raise your foot off of the ground whilst maintaining your balance. To make it harder, try holding on with one hand, 2 fingers or no hands.

**Guide: 3 x 30-60 second efforts**

### #3. BALL CATCHING/THROWING



Instructions: Place a walker/chair in front and a chair behind. In standing, practice throwing a ball back and forth. If you're by yourself, try throwing it up and down or up against a wall. You could use a ball, rolled up sock or even a toilet roll (I won't tell anyone). To make it harder, narrow your feet position.

**Guide: 3 x 30-60 second efforts**

If you start to feel unwell, dizzy, short of breath, experience chest pain or other pain - STOP - and press your call button

You can find the full instructional videos at:  
[guidehealthcare.com.au/get-up-guide](http://guidehealthcare.com.au/get-up-guide)



# Tuesday - STATIC BALANCE

	Static Standing	Single Leg Stance	Ball Catching/Throwing
Week 1	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 2	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 3	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 4	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 5	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 6	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 7	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 8	Sets: Reps:	Sets: Reps:	Sets: Reps:

Don't forget to join us each Thursday at 11am for our live physiotherapist run exercise session on zoom.com. Simply download the zoom app on your phone, tablet or computer and use the

Meeting ID: 271-996-719