BALANCE EXERCISES FOR SENIORS

Enhance Balance, Prevent Injuries, And Stay Independent

Shoulder Rolls

From a seated or standing position, slowly rotate shoulders upward, downward, forward, and backward.



Balancing Wand

Sit upright and hold a cane or broomstick vertically on the floor, keeping it balanced upright with one hand.



Marching In Place

Sit on a chair (or stand holding a walker), slowly raise one knee upward, lower it, and alternate to the opposite leg.



Sideways Walking

Stand upright with knees slightly bent, take slow, controlled steps sideways with one leg, and bring the other leg to meet it.



Simple Grapevine

Step sideways by crossing the right foot over the left, bring the left foot back to start, and reverse.



Heel-To-Toe Walking

Walk in a straight line placing the heel of the forward foot directly against the toes of the trailing foot.



Step-Up

Facing a staircase, hold the handrail and place one foot on the first stair, step the opposite foot up beside it, then step back.



Rock The Boat

Stand with feet hip-width apart and arms out to the sides; lift one foot, bend the knee slightly toward the glutes, and hold.



BALANCE EXERCISES FOR SENIORS

Enhance Balance, Prevent Injuries, And Stay Independent

One-Leg Stand

Stand one arm's length facing a wall with fingertips touching it; slightly bend the standing knee and raise the opposite leg to hip level.



Tree Pose

Shift weight to one leg and rest the opposite foot against the ankle, shin, or inner thigh (never against the knee joint), keeping hands folded upward.



Single Limb Stance

Stand with feet together, raise one arm overhead, lift the matching foot off the ground, and maintain stability. Hold for approximately 10 seconds per side.



Forward And Backward Tilt

Stand on a balance board with feet split front-to-back; slowly shift weight forward until the front edge touches the floor, hold, then shift weight backward until the rear edge touches.



Life Assure™

Medical Alert Systems