



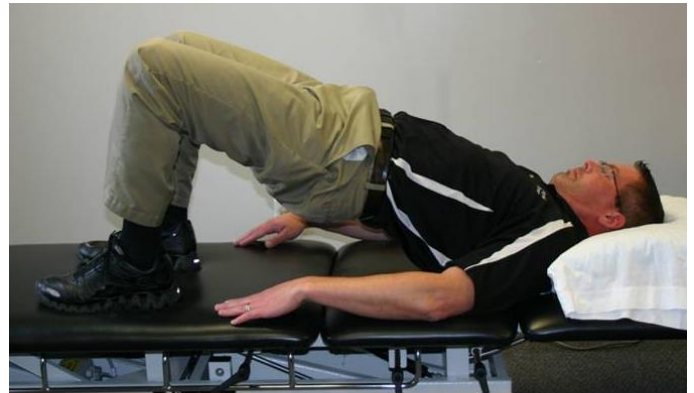
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These exercises should be performed on a daily basis. It is recommended that another person is present during these exercises to help avoid loss of balance or falling. Your doctor may also instruct you to walk regularly, using a walking aid if needed. If you begin to feel more unsteady or dizzy, or if you are concerned that you may fall, call your doctor.



Sit to Stands:

Begin seated in a sturdy chair. Stand fully upright from the chair. Then sit back down. Stand up and sit down 10 times. Do 2-3 sets.



Bridges:

Lying on your back on a bed or on the floor, draw in your lower abdomen as if you were buttoning a tight pair of pants. While holding your abdomen in, lift your hips off of the bed/floor as shown above. Hold 2-3 seconds. Repeat 10 times.



Tandem Stance Balance:

STAND NEAR A STABLE SURFACE, perhaps in a corner of the countertops in the kitchen. Place one foot in front of the other, heel touching toe. Try to balance in this position. Hold 10-15 seconds. Do 5-10 times.



Standing Heel Raises

While standing, raise up on your toes lifting your heels off of the floor. Repeat 20 times.