

BALANCE IMPROVEMENT EXERCISES

- 1. Gaze Stabilization:** Standing with feet shoulder width apart and looking at target arms length away moving head in horizontal and vertical directions.
Then repeat process with target on a busy background.
- 2. Ball Tossing and Catching:** While sitting with eyes on the ball toss ball into the air and catch it.
Bounce the ball off the wall at least 6 feet away and catch it.
Repeat exercises in standing position.
Toss the ball back and forth.
- 3. Moving Ball In Circles:** While sitting with eyes on the ball move the ball in a large circle over the head and down almost sweeping the floor. Bent at the waist.
Repeat procedure while standing.
Increase speed and narrow base of support.
- 4. Ankle Sways:** While focused on a target the patient sways forward as far as they can, moving their weight to the balls of the feet holding for 5 seconds. Do not let the heels come up off the floor.
Repeat this exercise in all directions.
Progress by moving faster and holding the position longer.
Then on perturbed surface with eyes closed.
- 5. Circular Ankle Sways:** While focused on target sway the body in a large circle by shifting the weight over the feet.
Perform in both directions.
Progress to eyes closed and on a perturbed surface.

GAIT IMPROVEMENT

1. **Side stepping:** Supported by wall.
Unupported.
Moving feet further apart.
Increasing speed.
Eyes closed.

2. **Body rolling:** Supported by wall.
Change directions.
Unupported.
Increasing speed.
Eyes closed.

3. **Cross over stepping:** Supported by wall.
Change directions.
Unupported.
Increasing speed.
Eyes closed.

4. **Gaze Stabilization while walking:** Walk forward looking at a target with a head turn every second step opposite the supporting foot.
Repeat moving the head up and down.
Increasing speed.

5. **Walking with quick stops:** While looking at a target and walking as straight as possible the patient should take a few steps then stop abruptly.
Increasing speed.
Head motion both horizontal and vertical before stopping.

6. **Walking with quick stops and turns:** While looking at target and walking forward the patient stops abruptly and then turns to the opposite direction and begins walking again.
Repeat and increase speed.
Have patient turn a full 360 degrees and continue walking.
Use both left and right directions.

7. **Tandem walking:** While looking at target the patient walks with one foot in front of the other.
Begin with arms outward.
Arms to the side.
Arms crossed.
Increasing speed.
Head movements.