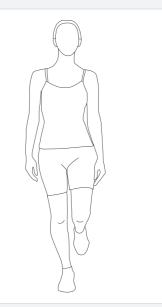
Postural Stability Exercises

Single-leg stands

- 1. Find a sturdy surface to hold onto for support if needed.
- 2. Stand on one leg, keeping your other leg bent at the knee.
- 3. Hold this position for _____ seconds.
- 4. Switch legs.

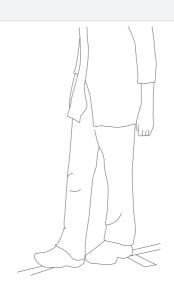
This exercise strengthens the muscles involved in maintaining balance and challenges your balance control.



Heel-to-toe walk

- 1. Walk in a straight line.
- 2. Place the heel of one foot directly in front of the toes of the other foot with each step.
- 3. Continue walking in this manner for _____ minutes.

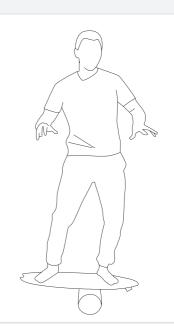
This exercise improves coordination, engages the vestibular system, and enhances overall postural control.



Balance board exercise

- 1. Stand on a balance board with both feet.
- 2. Try to keep the board level while shifting your weight from side to side.
- 3. Do the exercise for _____ seconds

This exercise targets the neuromuscular system, increases body awareness, and improves balance during various activities.



Chair stand

- 1. Sit in a sturdy chair with your feet flat on the ground.
- 2. Stand up without using your hands for support.
- 3. Sit back down.
- 4. Repeat _____ times.

This exercise builds muscle strength and improves postural control.



Wall slides

- 1. Stand with your back against a wall, feet shoulder-width apart.
- 2. Slide down into a squat position while keeping your back pressed against the wall.
- 3. Hold for seconds
- 4. Slide back up.

This exercise improves postural stability by engaging and enhancing your core, as well as improving shoulder mobility.



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