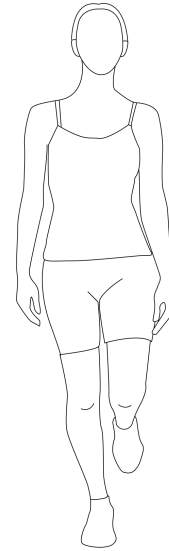


Postural Stability Exercises

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.

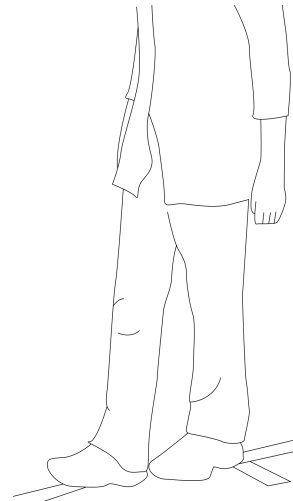
This exercise strengthens the muscles involved in maintaining balance and challenges your balance control.



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

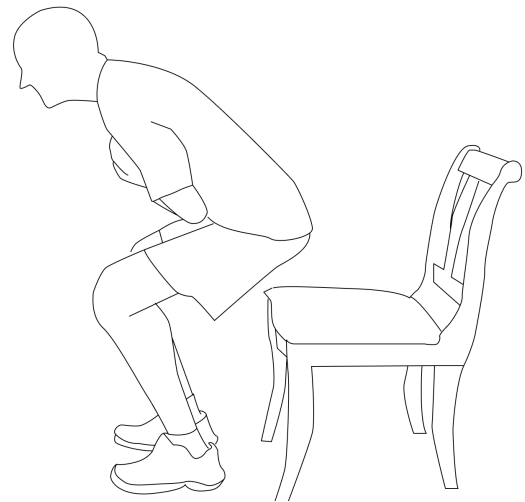
This exercise targets the neuromuscular system, increases body awareness, and improves balance during various activities.



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.

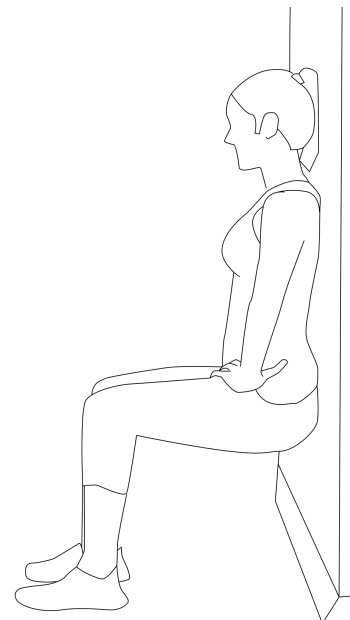
This exercise builds muscle strength and improves postural control.



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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