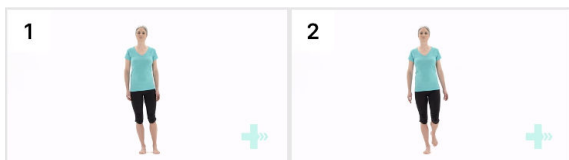




1 Set / 1 Rep / 1 s hold

1. Balance, single-leg, eyes open, near support

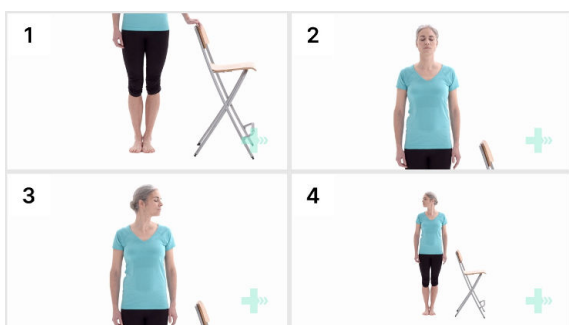
Balance on your symptomatic leg for as long as you can.
Keep your gaze horizontal.
You may want to be close to a solid object to hold on to if needed.
Do not rest your raised leg on the stance leg.



1 Set / 1 Rep / 1 s hold

2. Balance, standing, turning head, eyes closed, feet together, beside chair

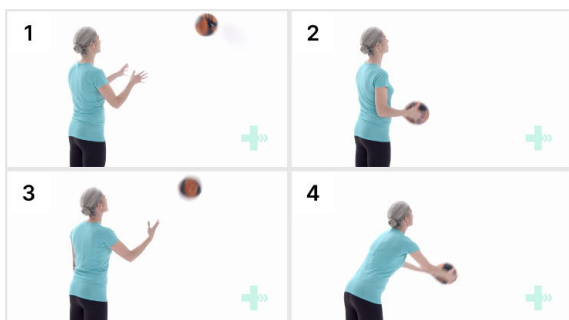
Stand up straight with your feet shoulder width apart, close to a sturdy object to hold onto for stability.
Step your feet together so that your ankles are touching.
Get your balance and close your eyes, keeping the support nearby if you need it.
Slowly turn your head from side to side.
As you feel more confident, increase the speed of your head turning.



1 Set / 1 Rep / 10 sec duration

3. Balance, standing, throwing/catching ball against wall - with variations

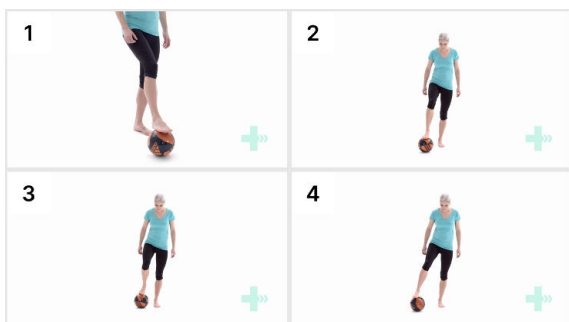
Stand up straight in front of a solid wall.
Bounce a medium sized ball against the wall, hard enough so that it bounces back for you to catch.
If this is difficult to do with both arms, then use your strongest arm.
Try changing where the ball hits the wall, so that you have to reach to the side to catch it.
If this seems too easy then try using a tennis ball.

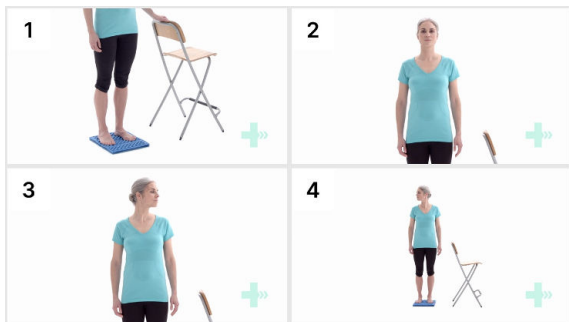


1 Set / 1 Rep / 1 s hold

4. Balance, single-leg, rolling ball, with opposite foot

Stand up straight and Place a ball under one foot.
Keeping your balance, roll the ball forwards and backwards, then try rolling it from side to side.
Your stance leg will be the leg getting exercised.

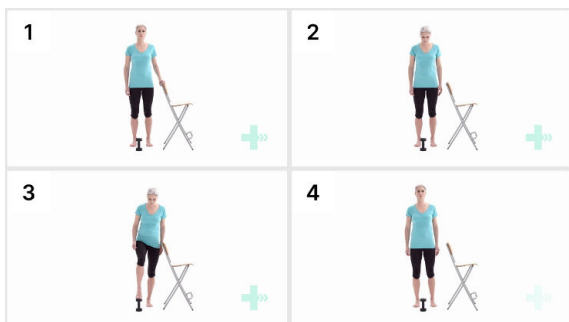




5. Balance, standing, turning head, on a foam mat, beside chair

Stand up straight on a balance mat, with your feet shoulder width apart. Get your balance and slowly turn your head from side to side, keeping the support nearby if you need it.

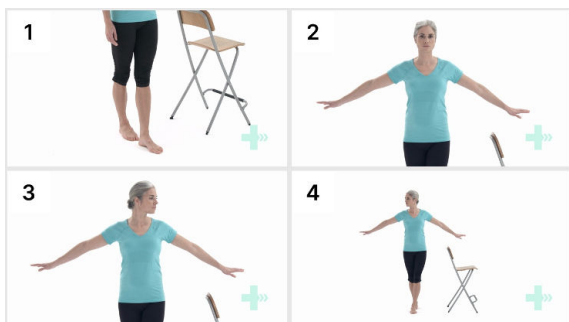
1 Set / 1 Rep



6. Balance, single-leg, touching cup, with opposite foot

Stand up straight with your feet shoulder width apart, close to a sturdy object to hold on o for stability. Place a plastic cup on the floor in front of you. Trying to balance unaided, lift up your foot and gently tap the top of the cup, before bringing your leg back down again. This exercise should be completed in a slow and controlled fashion. The stance leg will be getting strengthened, whilst you work on improving the coordination on the elevated leg.

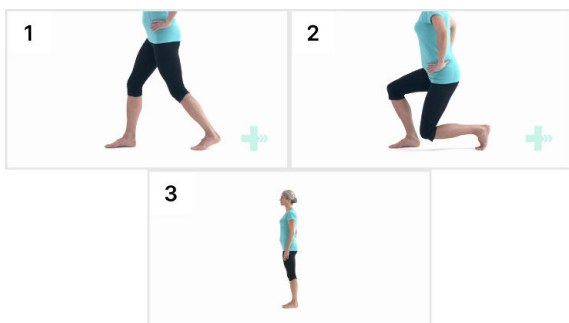
1 Set / 1 Rep / 1 s hold



7. Balance, tandem stance, turning head, arms out to side, beside chair

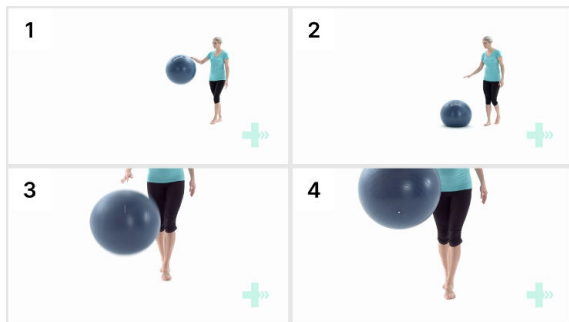
Stand with one foot in front of the other. The toes of your back foot should just touch the heel of your front foot. Spread your weight evenly across both feet. Turn your head one way then the other. Hold this standing position for as long as you can whilst continuing to turn your head.

1 Set / 1 Rep



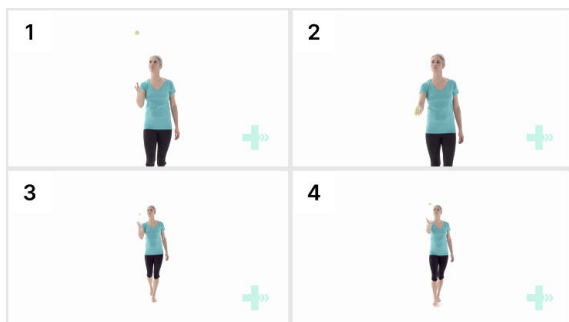
8. Lunge, forward (alternate); 02

Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking. Stand straight with your arms to the side or on your hips, have a chair close by for support if required. Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees. Push back up to the starting position and repeat on the other leg. Keep your body upright and straight throughout the movement.

**9. Balance, tandem walking, bouncing a large ball**

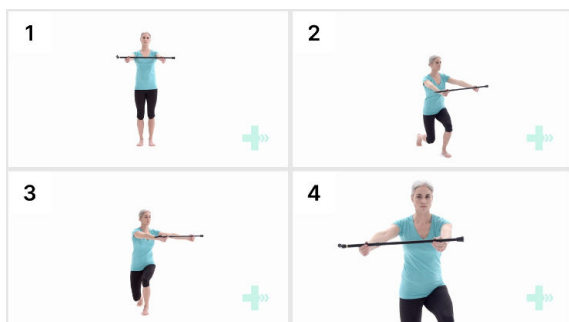
Stand up straight with a clear path in front of you.
 Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.
 Walk along this line on the floor as if you are walking a tightrope.
 Bounce a ball with one hand whilst trying to keep walking in a straight line.
 Ensure you keep your posture throughout this movement.

1 Set / 1 Rep / 10 sec duration

**10. Balance, tandem walking, tossing ball**

Stand up straight with a clear path in front of you.
 Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.
 Walk along this line on the floor as if you are walking a tightrope.
 Throw a tennis ball up into the air and catch it again whilst continuing to walk in a straight line.

1 Set / 1 Rep / 1 s hold

**11. Lunge, forward, with trunk rotation, holding a stick**

Stand up straight holding a stick horizontally in both hands.
 Take a large step forwards onto one leg, then drop your hips directly down between both feet, bending your hips and knees to a 90 degrees.
 As you bend your legs, rotate your body over the front leg, guiding the movement with the stick.
 Push back up to the starting position, and repeat.
 Make sure you take a large enough step that your front knee does not travel over your foot, and ensure your knee travels directly forwards.