

INSTRUCTIONS:

These balance exercises are shown in a single leg stance, but can be performed in any of the following positions, depending on your current abilities:

1. Both feet on floor, shoulder distance
2. Both feet on floor, hip distance
3. Feet together
4. Feet together, partial heel-toe
5. Full heel-toe

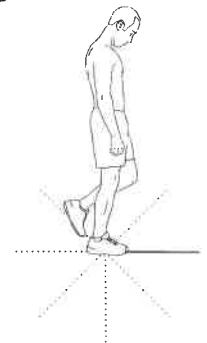
INSTRUCTIONS, cont...:

In the beginning, do the exercises with the head stationary. As you improve, progress to the exercises where the head is moving.

BALANCE NECK - POSITION:
Single Leg Balance: Neck Flexed

Stand on right leg.
Bend neck forward.
Hold 15-30 seconds.
Repeat on other leg.

Do 1-2 reps each leg.



BALANCE NECK - POSITION:
Single Leg Balance: Neck Extended

Stand on right leg.
Bend neck backward.
Hold 15-30 seconds.
Repeat on other side

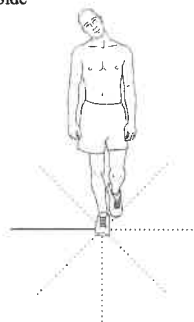
Do 1-2 reps each leg.



BALANCE NECK - POSITION:
Single Leg Balance:
Neck Laterally Flexed / Stance Side

Stand on right leg.
Tilt head to stance side. Hold 15-30 seconds.

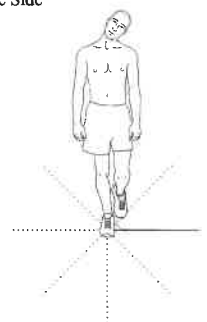
Do 1-2 reps each leg.



BALANCE NECK - POSITION:
Single Leg Balance:
Neck Laterally Flexed / Opposite Side

Stand on right leg.
Tilt head to opposite side. Hold 15-30 seconds.

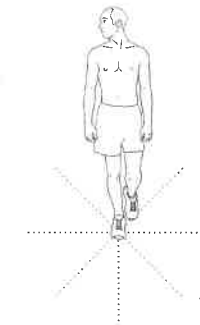
Do 1-2 reps each leg.



BALANCE NECK - POSITION:
Single Leg Balance: Neck Rotated / Stance Side

Stand on right leg.
Rotate head to stance side. Hold 15-30 seconds.

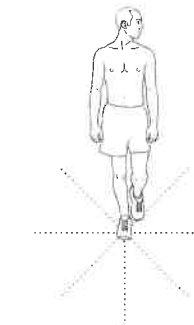
1-2 reps each leg.



BALANCE NECK - POSITION:
Single Leg Balance: Neck Rotated / Opposite Side

Stand on right leg.
Rotate head to opposite side. Hold 15-30 seconds.

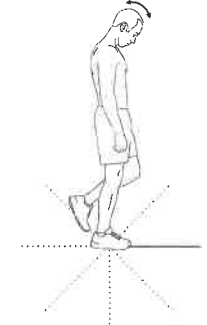
Do 1-2 reps each leg.



BALANCE NECK - MOTION:
Single Leg Balance: Neck Flexion

Stand on right leg.
Bend neck forward and return 3-5 times.

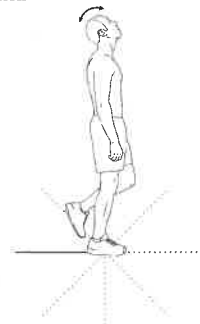
Do 1-2 sets on each leg.



BALANCE NECK - MOTION:
Single Leg Balance: Neck Extension

Stand on right leg.
Bend neck backward and return 3-5 times.

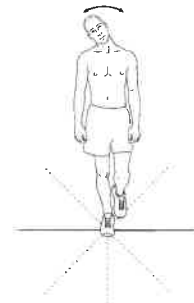
Do 1-2 sets on each leg.



BALANCE NECK - MOTION:
Single Leg Balance:
Neck Lateral Flexion

Stand on right leg.
Tilt head to one side and then the other 3-5 times. Repeat on other side.

Do 1-2 sets on each leg.



BALANCE NECK - MOTION:
Single Leg Balance: Neck Rotation

Stand on right leg.
Rotate head to one side and then the other 3-5 times. Repeat on other leg.

Do 1-2 sets each side.

