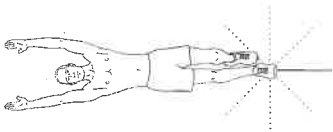
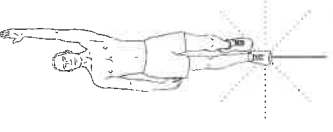
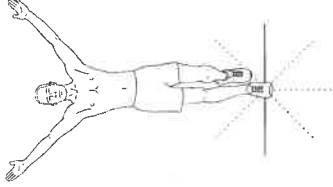
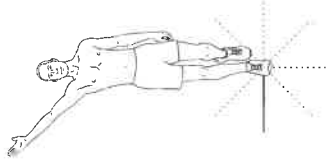
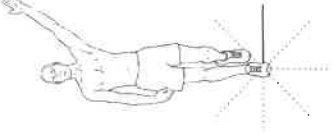
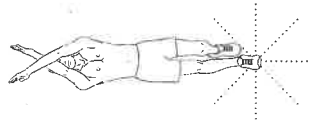


INSTRUCTIONS:	INSTRUCTIONS, cont.	INSTRUCTIONS, cont.
These balance exercises are shown in a single leg stance, but can be performed in any of the following positions, depending on your current abilities: 1. Both feet on floor, shoulder distance 2. Both feet on floor, hip distance 3. Feet together 4. Feet together, partial heel-toe 5. Full heel-toe You should choose a stance that is safe but challenging.	If you choose a partial or full heel-toe stance, be sure to do the exercises first with one foot forward, then with the other. In the beginning, do the exercises where the arms are stationary. As you improve, progress to the exercises where the arms are moving.	The position of the arms will dictate the difficulty of each exercise. Exercises performed with the arms closer to the midline of the body are generally easier than those done with the arms further from the midline. Likewise, exercises performed with both arms at the same time are generally easier than those done with only 1 arm. If certain exercises are too easy, feel free to skip them and progress to those that are more challenging.
BALANCE SHOULDER - POSITION: Symmetrical Shoulder Flexed  Raise both arms forward over head. Hold 15-30 seconds. Do 2-3 reps.	BALANCE SHOULDER - POSITION: Same Side Shoulder Flexed  Raise same arm forward over head. Hold 15-30 seconds. Do 2-3 reps.	BALANCE SHOULDER - POSITION: Single Leg Balance: Opposite Shoulder Flexed  Raise opposite arm forward over head. Hold 15-30 seconds. Do 2-3 reps.
BALANCE SHOULDER - POSITION: Symmetrical Shoulder Abducted  Raise both arms outward over head. Hold 15-30 seconds. Do 2-3 reps.	BALANCE SHOULDER - POSITION: Same Side Shoulder Abducted  Raise same arm outward over head. Hold 15-30 seconds. Do 2-3 reps.	BALANCE SHOULDER - POSITION: Single Leg Balance: Contralateral Shoulder Abducted  Raise opposite arm outward over head. Hold 15-30 seconds. Do 2-3 reps.

BALANCE SHOULDER -
POSITION:
Symmetrical Shoulder
Diagonal 1



Raise both arms
over head reaching
up and across face.
Hold 15-30 seconds.

Do 2-3 reps

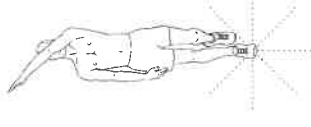
BALANCE SHOULDER -
POSITION:
Ipsilateral Shoulder
Diagonal 1



Raise same arm
over head reaching
up and across face.
Hold 15-30 seconds.

Do 2-3 reps.

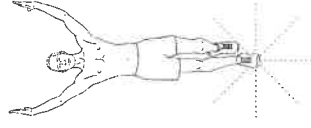
BALANCE SHOULDER -
POSITION:
Opposite Shoulder
Diagonal 1



Raise opposite arm
over head reaching
up and across face.
Hold 15-30 seconds.

Do 2-3 reps.

BALANCE SHOULDER -
POSITION:
Symmetrical Shoulder
Diagonal 2



Start with arms across
body, hands at opposite
hips. Raise both arms
outward and upward
over head. Hold
15-30 seconds.

Do 2-3 reps.

BALANCE SHOULDER -
POSITION:
Same Side Shoulder
Diagonal 2



Start with same arm
across body, hand at
opposite hip. Raise
that arm outward
and upward over
head. Hold 15-30
seconds.

Do 2-3 reps.

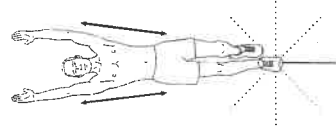
BALANCE SHOULDER -
POSITION:
Opposite Shoulder
Diagonal 2



Start with
opposite arm
across body,
hand at stance
hip. Raise that
arm outward and
upward over head.
Hold 15-30 seconds.

Do 2-3 reps.

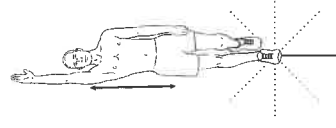
BALANCE SHOULDER -
MOTION:
Symmetrical Shoulder Flexion



Raise both
arms forward
over head and
return 4-6 times.

Do 1-2 sets.

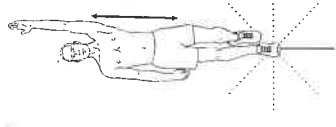
BALANCE SHOULDER -
MOTION:
Same Side Shoulder Flexion



Stand on right
leg. Raise same
arm forward over
head and return
4-6 times.

Do 1-2 sets.

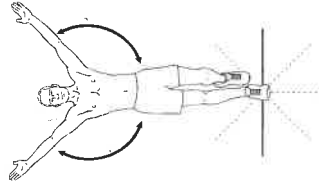
BALANCE SHOULDER -
MOTION:
Opposite Shoulder Flexion



Raise opposite arm
forward over head
and return 4-6
times.

Do 1-2 sets.

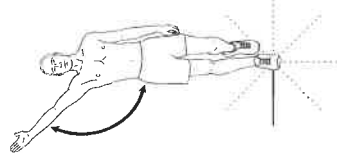
BALANCE SHOULDER -
MOTION:
Symmetrical Shoulder Abduction



Raise both arms outward over head and return 4-6 times.

Do 1-2 sets.

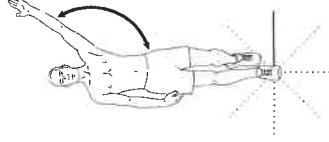
BALANCE SHOULDER -
MOTION:
Same Side Shoulder Abduction



Stand on right leg. Raise same arm outward over head and return 4-6 times.

Do 1-2 sets.

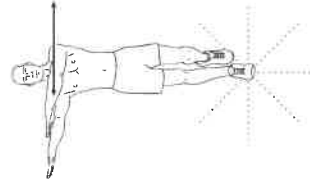
BALANCE SHOULDER -
MOTION:
Opposite Shoulder Abduction



Raise opposite arm outward over head and return 4-6 times.

Do 1-2 sets.

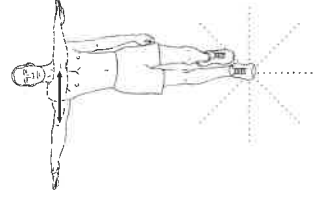
BALANCE SHOULDER -
MOTION:
Symmetrical Shoulder Horizontal Abduction Adduction



Raise both arms forward to shoulder height, parallel to the floor. Rotate arms together to the right then the left 4-6 times.

Do 1-2 sets.

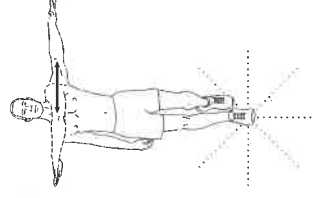
BALANCE SHOULDER -
MOTION:
Same Side Shoulder Horizontal Abduction Adduction



Stand on right leg. Raise same arm forward to shoulder height, parallel to the floor. Rotate arm to the right then the left 4-6 times.

Do 1-2 sets.

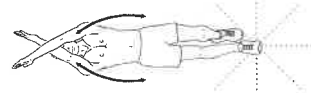
BALANCE SHOULDER -
MOTION:
Opposite Shoulder Horizontal Abduction Adduction



Raise opposite arm forward to shoulder height, parallel to the floor. Rotate arm to the left then to the right 4-6 times.

Do 1-2 sets.

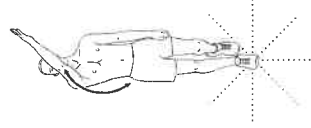
BALANCE SHOULDER -
MOTION:
Symmetrical Shoulder Diagonal 1



Raise both arms over head, reaching up and across face, and return 4-6 times.

Do 1-2 sets.

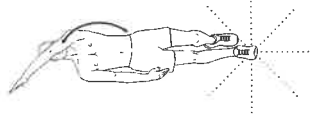
BALANCE SHOULDER -
MOTION:
Same Side Shoulder Diagonal 1



Raise same arm over head reaching up and across face, and return 4-6 times.

Do 1-2 sets.

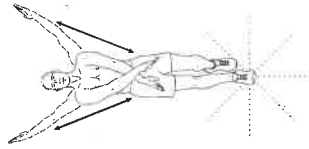
BALANCE SHOULDER -
MOTION:
Opposite Shoulder Diagonal 1



Raise opposite arm over head reaching up and across face, and return 4-6 times.

Do 1-2 sets.

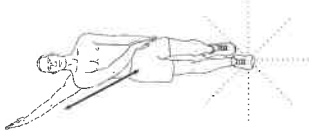
BALANCE SHOULDER -
MOTION:
Symmetrical Shoulder
Diagonal 2



Start with both arms crossed, hands at opposite hips. Raise both arms outward and upward over head and return 4-6 times.

Do 1-2 sets.

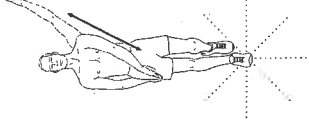
BALANCE SHOULDER -
MOTION:
Same Side Shoulder
Diagonal 2



Start with same arm across, hand at opposite hip. Raise that arm outward and upward over head and return 4-6 times.

Do 1-2 sets.

BALANCE SHOULDER -
MOTION:
Opposite Shoulder
Diagonal 2



Start with opposite arm across, hand at stance hip. Raise that arm outward and upward over head and return 4-6 times.

Do 1-2 sets.