

STANDING DYNAMIC -
Weight Shift: Lateral (Limits of Stability)

Slowly shift weight to **right** as far as possible, without taking a step. Return to starting position.

Hold each position
 8 seconds.
Repeat 1-2 times
 per session.
Do 1-2 sessions per day.

___ Repeat on compliant
 surface _____.

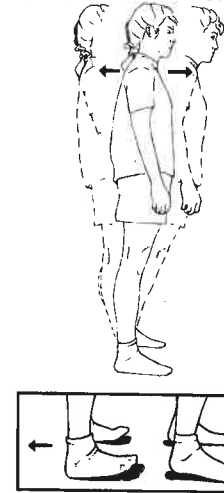


STANDING DYNAMIC -
Weight Shift: Anterior / Posterior (Limits of Stability)

Slowly shift weight backward until toes begin to rise off floor. Return to starting position. Shift weight forward until heels begin to rise off floor.

Hold each position
 8 seconds.
Repeat 1-2 times per
 session.
Do 1-2 sessions per day.

___ Repeat on compliant
 surface _____.

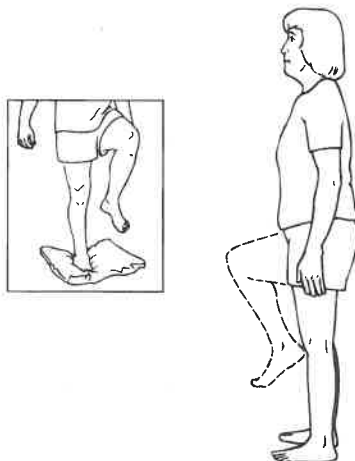


STANDING DYNAMIC -
Marching in Place: Varied Surfaces

March in place, slowly lifting knees toward ceiling.

Repeat 20 times
 per session.
Do 1-2 sessions
 per day.

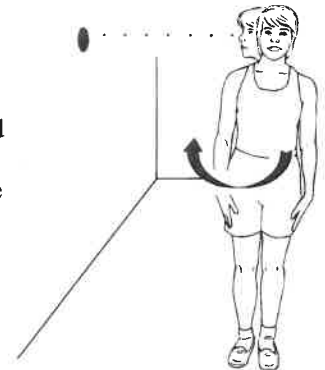
___ Repeat _____ times
 with eyes closed.
___ Repeat on compliant
 surface _____.



STANDING DYNAMIC - II
Turning in Place: Compensatory Strategy

Standing in place, first move eyes to target at eye level. Keeping eyes fixed on target, turn head and then body toward target. Repeat sequence with a target on each wall to complete a full turn.

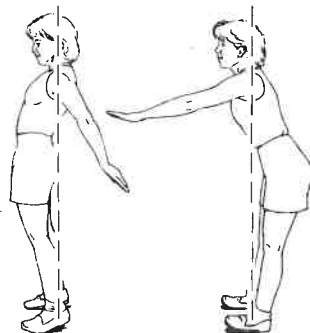
Repeat 2-3 times
 per session.
Do 1-2 sessions per day.



STANDING DYNAMIC -
Weight Shift: Anterior / Posterior (Righting / Equilibrium)

Slowly shift weight forward while bringing arms back and hips forward over toes until heels rise off floor. Return to starting position. Shift weight backward bringing arms forward and hips back over heel until toes rise off floor.

Repeat 4-6 times per session.
Do 1-2 sessions per day.



GAIT -
Heel-Toe "Tandem"

With arms **outstretched** walk a straight line. Bringing one foot directly in front of the other.

Repeat for 1-2
 minutes.
Do 1-2 sessions
 per day.

