

EXERCISES

Dr. Annette Hulse, D.O.

BALANCE



Part 1

- Put your arms out, stand on 1 foot.
- Hold for 30 seconds.
- Switch feet and repeat.

Part 2

- Rest your arms at your side, stand on 1 foot.
- Hold for 30 seconds.
- Switch feet and repeat.

Part 3

- Put your arms out and stand about 1-2 inches away, perpendicular to a wall/table at the end of your fingers.
- Close your eyes, stand on 1 foot.
- Hold for 30 seconds.
- Switch feet and repeat.

Part 4

- Rest your arms at your side.
- Close your eyes.
- Stand on 1 foot and hold for 30 seconds
- Switch feet and repeat