



Standing Balance in Varied Stances

Standing with Head Rotation



Setup: Begin in a standing upright position with your arms resting at your sides.

Movement: Slowly, rotate your head from side to side as if you are saying no.

Tip: Make sure to move your head at the same speed as your eyes.

Romberg Stance

STEP 1



Setup: Begin in a standing upright position with your feet together and arms resting at your sides.

Movement: Keep your eyes open and maintain your balance in this position.

Tip: Make sure to maintain an upright posture.

Romberg Stance with Head Nods

STEP 1



STEP 2



Setup: Begin in a standing upright position with your feet together and arms resting at your sides.

Movement: Slowly look down toward the floor, then up toward the ceiling. Continue these movements.

Tip: Make sure to maintain an upright posture and move your head at the same speed as your eyes.

Standing Balance in Varied Stances

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Standing Romberg to 1/2 Tandem Stance

STEP 1



STEP 2



Setup: Begin in a standing upright position with your feet together.

Movement: Move one foot so that it is staggered approximately 1/2 of its length back from your other foot. Stay in this position and maintain your balance.

Tip: Try to keep your back straight and avoid moving your hips or trunk side to side during the exercise.

Half Tandem Stance Balance with Eyes Closed

STEP 1



STEP 2



Setup: Begin standing in an upright position with one foot staggered approximately 1/2 of its length back from your other foot.

Movement: Close your eyes and hold for the prescribed time. Then repeat with your opposite foot forward.

Tip: Make sure to maintain your balance during the exercise.

Half Tandem Stance Balance with Head Rotation

STEP 1



STEP 2



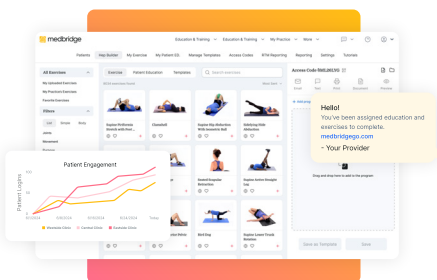
STEP 3



Setup: Begin standing in an upright position with one foot staggered approximately 1/2 of its length back from your other foot.

Movement: Keep your eyes open and slowly turn your head from side to side. Continue for the prescribed time, then repeat with your opposite foot forward.

Tip: Make sure to maintain your balance during the exercise.



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