

Single Leg Balance Training Program

We can improve our balance by performing simple balance exercises. The single leg stance is a very effective exercise for improving balance. This exercise can be modified as balance stability progresses.

Week 1: Perform the steps below 5 times per week, starting with a 5 second hold and working up to 20 seconds.

- Stand behind a chair
- Hold onto the chair back with **both hands**
- Slowly lift one leg off the ground
- Maintain your balance standing on one leg for 5 seconds
- Return to starting position and repeat X 5
- Perform with opposite leg

Week 2: Perform the steps below 5 times per week, starting with a 5 second hold and working up to 20 seconds.

- Stand behind a chair
- Hold onto the chair back with **one hand**
- Slowly lift one leg off the ground
- Maintain your balance standing on one leg for 5 seconds
- Return to starting position and repeat X 5
- Perform with opposite leg

Week 3: Perform the steps below 5 times per week, starting with a 5 second hold and working up to 20 seconds.

- Stand near the chair for safety, but **do not hold on**
- Slowly lift one leg off the ground
- Maintain your balance standing on one leg for 5 seconds
- Return to starting position and repeat X 5
- Perform with opposite leg

Week 4 through Week 6: Perform the same weekly progressions above, but now stand on an unstable surface (ie- foam pad, Bosu, versa disc, pillow or couch cushion, etc.)