

## Static Single Leg Stand

- Place feet shoulder width apart, relaxed knees, upright posture.
- Flex hip, knee and ankle.
- Hold for one minute.
- Rest and alternate leg.



## Runner's Stride

- Flex hip, knee and ankle.
- Swing leg slowly downwards and backwards until your leg is extended behind your body.
- Repeat 20 times slowly and rhythmically.
- Repeat using opposite leg and arm.



## Hip Flex into Knee Extension

- Begin by flexing the hip, knee and ankle.
- Extend the calf of your leg so that your knee is fully extended.
- Slowly lower the knee and foot to the ground.
- Repeat the knee extension 20 times.
- Rest, and perform the exercise 20 times with the other leg.



## Plantar Flexion

- Place feet shoulder width apart, relaxed knees, upright posture.
- Raise so you are standing on your toes.
- Hold this position one minute.



## Dorsi Flexion

- Place feet shoulder width apart, relaxed knees, upright posture.
- Lift your toes so that you are standing on your heels.
- Hold this position one minute.



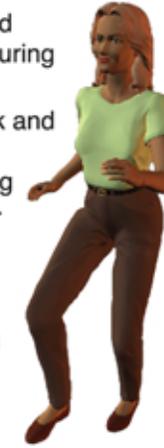
## Cross-body Leg Swing

- Stand with your feet slightly wider than shoulders.
- Raise one foot a few inches off the ground.
- Slowly swing the leg across the front of your body.
- Repeat this motion 15 times with erect body posture and good balance.
- Repeat 15 times using the other leg.



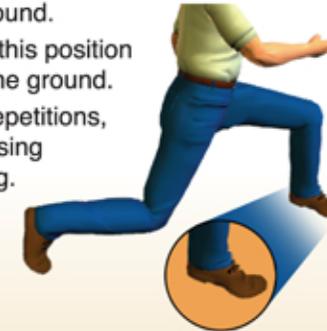
## Dynamic Single-leg Stand

- Place feet shoulder width apart, relaxed knees, upright posture.
- Flex the knee, hip, and ankle, as you would during the act of running.
- Swing your arms back and forth, controlled and rhythmically, mimicking the arm action associated with running.
- Continue this motion for one minute, rest, and then repeat using the opposite leg.



## Lunge Squat (advanced)

- Position one foot forward in a lunge stance (make sure the forward knee doesn't extend past toes).
- With rear foot flexed, lower back knee until the knee almost touches the ground.
- Stand up from this position with heels off the ground.
- Complete 10 repetitions, rest & repeat using the opposite leg.



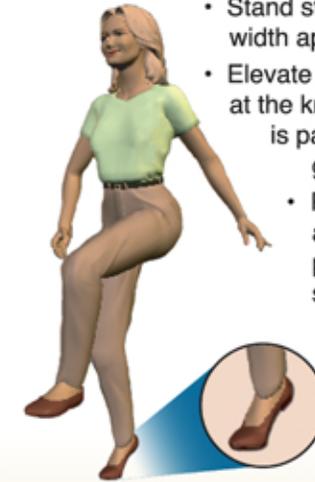
## 'Blind' Static Single-leg Stand (advanced)

- Place feet shoulder width apart, relaxed knees, upright posture.
- Flex hip, knee and ankle.
- Close your eyes.
- Hold this position for one minute.
- Rest and repeat with alternate leg.



## One-footed Heel Raise (advanced)

- Stand straight, feet shoulder width apart.
- Elevate a single leg, flexing at the knee so that your shin is parallel with the ground.
- Raise onto the toes and hold this "tip-toe position" for 20-25 seconds.



Living well!

### Warm Up:

Heat muscles through large muscle group rhythmic activity

- Step side to side
- Add shoulder shrug motion, stepping side to side
- Bench press motion, stepping side to side
- Incline press motion, stepping side to side
- Overhead press motion, stepping side to side

### Balance Principles

- Maintain good balance, posture and stability at all times
- Concentrate on "total body" stabilization
- Move slowly throughout the exercise
- Breathe throughout the exercise
- Wear stable footwear or remove shoes
- Do not participate in balance-based activities if you have a history of proprioceptive disorders (e.g., inner ear dysfunction).