



RHOMBERG STANCE - SINGLE LEG - SLS

Cross your arms over your chest and then stand on one leg. Perform this next to a table or other sturdy object. Hold your balance in this position.

If you lose your balance, you can use one or more strategies to help:

Touch your toes down

Take a step

Unfold your arms and raise them to the sides

Grab on to something for support Video # VVUF443EH

Duration 20 Seconds

Complete 3 Sets

Perform 3 Times a Week



RHOMBERG STANCE - SINGLE LEG - EYES CLOSED - SLS

Cross your arms over your chest and then stand on one leg. Perform this next to a table or other sturdy object. Hold your balance in this position...then, close your eyes. Try and hold this position with eyes closed as best you can.

If you lose your balance, you can use one or more strategies to help:

Open your eyes

Touch your toes down

Take a step

Unfold your arms and raise them to the sides

Grab on to something for support Video # VVSC6NTDA

Duration 10 Seconds

Complete 3 Sets

Perform 3 Times a Week



RHOMBERG STANCE - UNSTABLE - SINGLE LEG - SLS

Stand on top of a balance pad, pillow, seat cushion, or other unstable surface.

Balance on one leg and cross your arms over your chest. Perform this next to a table or other sturdy object. Hold your balance in this position.

If you lose your balance, you can use one or more strategies to help:

Touch your toes down

Take a step

Unfold your arms and raise them to the sides

Grab on to something for support Video # VVHCQ44NJ

Duration 20 Seconds

Complete 3 Sets

Perform 3 Times a Week



RHOMBERG STANCE - UNSTABLE - SINGLE LEG - EYES CLOSED

Stand on top of a balance pad, pillow, seat cushion, or other unstable surface.

Balance on one leg and cross your arms over your chest. Perform this next to a table or other sturdy object. Hold your balance in this position...then, close your eyes.

If you lose your balance, you can use one or more strategies to help:

Open your eyes

Touch your toes down

Take a step

Unfold your arms and raise them to the sides

Grab on to something for support Video # VVXFPXEX5

Duration 10 Seconds

Complete 3 Sets

Perform 3 Times a Week



TANDEM STANCE BALANCE

Stand and balance in tandem stance. Hold this position. Relax and repeat.

Duration 10 Seconds

Complete 4 Sets

Perform 3 Times a Week



SINGLE LEG STANCE - REACH TWIST SLS

Stand on one leg and maintain your balance.

Next, reach forward and across your body with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VVGA3EMCL

Repeat 5 Times

Complete 5 Sets

Perform 3 Times a Week



MEDICINE BALL - SINGLE LEG STANCE TOSS - SLS

Throw a medicine ball in the air and catch it as you maintain your balance on one leg. Video # VVU4PN49R

Repeat 5 Times

Complete 5 Sets

Perform 3 Times a Week