

Exercise 29

Heel to toe balance

Starting position: Place one foot in front of the other, heel to toe.
You may want to use a support

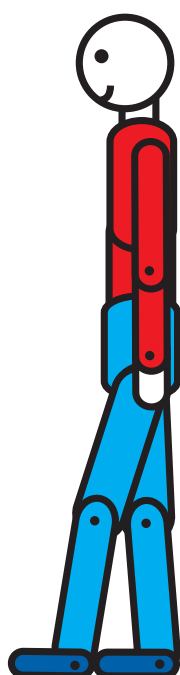


Step one

When you are steady, let go of your support and hold your balance. Try to count to 10. Change so that the other foot is in front and repeat.

Step two

If you feel very confident, try with both eyes shut. Be careful, this one is quite tricky.



You may not quite count to the suggested number but you can work towards increasing the length of time you can balance.

This exercise gives practice in how to save yourself if you do lose balance, for instance if someone bumps into you by accident.

If you have problems/concerns, talk to a physiotherapist.