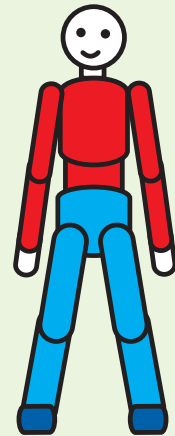


Exercise 30

Stepping balance

Starting position: Standing with your feet slightly apart

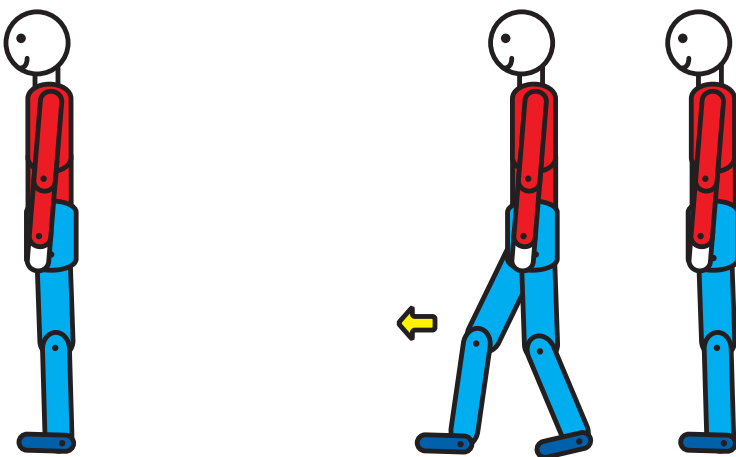


Step one

Step one foot forward as if crossing a ditch, then step back to where you started, without holding on. Repeat, leading with the other leg. Repeat 3-5 times each leg.

Step two

Try the same exercise but step backwards instead and then bring your foot back to where you started. As you improve you may be able to make the steps longer.



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.