FUNdamental Skills Program

Single Leg Stance

Functional skill developed:

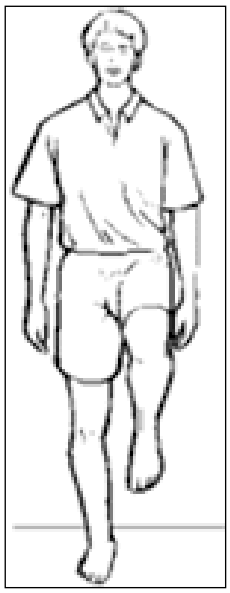
- Balance – ability to maintain the center of gravity of a body within the base of support

Equipment needed: Chair

Time: 5 minutes

Description of exercise:

- 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.
- A multitude of injuries and occurrences can affect our balance and leave us less steady on our feet. An ankle sprain, for example, can leave one with balance deficits due to tears in the fibers that rely balance input to the brain. People who suffer from a stroke also often also have severe balance problems that make walking difficult. We also lose stability as a result of the normal aging pattern.



Step-by-step instruction guide:

1. Stand behind a chair and hold onto the chair back with both hands
2. Slowly lift one leg off the ground
3. Maintain your balance standing on one leg for 5 seconds
4. Return to starting position and repeat 5 times
5. Perform with opposite leg

Modifications/adaptations:

- None

Difficulty:

- Easy = as outlined above
- Medium = hold onto chair back with only one hand
- Hard = stand near the chair for safety, but do not hold on
- Hardest = tip-toe your foot on the ground while lifting the other foot in the air

FUNdamental Skills Program

Walk-n-Hop

Functional skill developed:

- Balance – ability to maintain the center of gravity of a body within the base of support

Equipment needed: Masking tape for ground

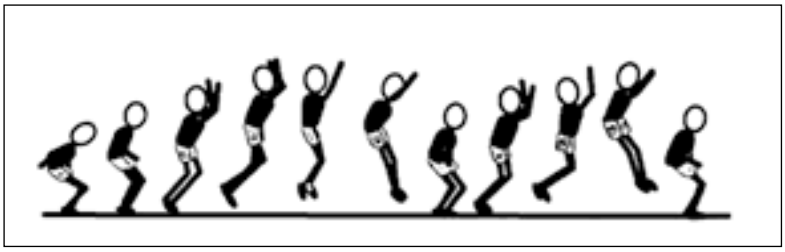
Time: 5 minutes

Description of exercise:

- We can improve our balance by performing simple balance exercises. Hopping is a very effective exercise for improving balance. This exercise can be modified as balance stability progresses.

Step-by-step instruction guide:

1. Walk from one side of the room to the other side and back
2. Walk backwards from one side of the room to the other side and back
3. Hop with both feet from one side of the room to the other side and back
4. Hop backwards with both feet from one side of the room to the other side and back
5. Hop with right foot from one side of the room to the other side and back
6. Hop with left foot from one side of the room to the other side and back



Modifications/adaptations:

- Be aware that not all participants' balance capability is equal, so be prepared to spot closely or withdraw participants who are having major difficulty with any of the 6 steps above

Difficulty:

- Easy = Step 1 and 2
- Medium = Step 3 and Step 4
- Hard = Step 5 and 6

FUNdamental Skills Program

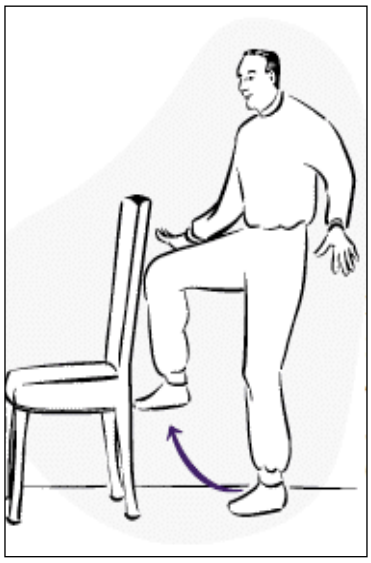
Hip Flexion Exercise

Functional skill developed:

- Balance – ability to maintain the center of gravity of a body within the base of support

Equipment needed: Chair

Time: 5 minutes



Description of exercise:

- We can improve our balance by performing simple balance exercises. Hip flexion is a very effective exercise for improving balance. This exercise can be modified as balance stability progresses.

Step-by-step instruction guide:

1. Stand behind a chair or table and hold on with one hand for balance.
2. Bend your left knee slowly toward your chest, without bending waist or hips.
3. Hold for 1 second and then lower slowly.
4. Repeat with the other leg and continue until you have done 12 lifts with each leg.

Modifications/adaptations:

- None

Difficulty:

- Easy = as outlined above
- Medium = hold onto chair back with only one fingertip
- Hard = try the exercise without using hands for support
- Hardest = do the exercise with your eyes closed

FUNdamental Skills Program

Tandem Walking: Heel-to-Toe

Functional skill developed:

- Balance – ability to maintain the center of gravity of a body within the base of support

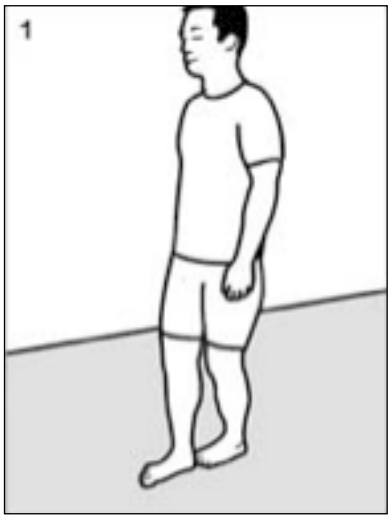
Equipment needed: None

Time: 5 minutes

Description of exercise:

- Balance is a crucial ability, especially as we age. Every year, over 300,000 people are admitted to the hospital for broken hips, most often due to falling.
- We can improve our balance by performing simple balance exercises. Tandem walking is a very effective exercise for improving balance. This exercise will work on your balance as it decreases the base of support that you are normally accustomed to.

Step-by-step instruction guide:



1. Stand beside a table or wall
2. Walk while placing the heel of one foot just in front of the toe of the other, while raising your arms up to the side
3. Move the rear foot and place it directly in front of the other foot while maintaining your balance.
4. Hold onto to a table or counter while trying this.

Modifications/adaptations:

- None

Difficulty:

- Easy = as outlined above
- Medium = swing your arms in a regular walking motion
- Hard = cross your arms and touch your shoulders with the opposite hand
- Hardest = do the exercise with your eyes closed

FUNdamental Skills Program

Side Leg Raises

Functional skill developed:

- Balance – ability to maintain the center of gravity of a body within the base of support
- Strength – ability to exert force on physical objects using muscles

Equipment needed: None

Time: 5 minutes

Description of exercise:

- Strengthening the side muscles of your hips and thighs is important for good balance. Side leg raises have the benefit of developing both your balance and strength

Step-by-step instruction guide:

1. Stand straight, directly behind table or chair, feet slightly apart.
2. Hold table or chair for balance.
3. Slowly lift one leg to side, 6 to 12 inches out to the side.
4. Keep your back and both legs straight.
5. Don't point your toes downward; keep them facing forward during this exercise.
6. Hold this position.
7. Slowly lower leg. Repeat with other leg. Continue for 10 alternating repetitions.

Modifications/adaptations:

- None

Difficulty:

- Easy = as outlined above
- Medium = hold onto chair back with only one fingertip
- Hard = try the exercise without using hands for support