

## Level 2 Balance Exercise #6: Semi-Tandem Stance

**Objective:** This exercise assesses postural steadiness and can improve your coordination.

### How to begin:

1. Stand next to a chair for safety and stability.
2. Place one foot in front of the other foot, slightly spaced, with the big toe of the back foot about 2-4" behind the heel of the front foot.
3. Hold this position for as long as directed or as long as you can.
4. Repeat on the opposite leg.

*\* If you are feeling quite unsteady with this exercise, you can use two chairs with one on either side of you.*

### How to progress:

1. To make this exercise more challenging you can close your eyes and practice holding for \_\_\_\_ seconds time at a time.
2. You can also try this exercise with an unstable surface such as standing on a cushion.
3. Or you can add a task, such as bouncing a ball.

### Goal:

1. Do \_\_\_\_ sets, holding for \_\_\_\_ seconds each stance.
2. Aim to practice this balance exercise 2-3 days per week.

