

### Level 3 Balance Exercise #9: 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 directly in front of the other foot, with the toes of one foot almost touching the heel of the other foot.
3. Ensure your feet are as close together as possible and your toes are facing towards the front.
4. Hold this position for as long as directed and if able keep track of your time.
5. When you have completed the set time, change feet.
6. Complete \_\_\_\_\_ sets, for \_\_\_\_\_ seconds.

#### 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 15-30 seconds each stance.
2. Aim to practice this balance exercise 2-3 days per week.

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

Front View:



Side View:

