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# **PROACTIVE FLEXIBILITY AND BALANCE EXERCISES AND ACTIVITY LOGS**

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## *BALANCE*

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### **INTRODUCTION**

This section includes balance exercises in three levels with more challenging exercises with each level.

**Balance exercises** can be done along with strengthening exercises, on the same days. However, it is safe to do your balance exercises almost anytime, anywhere, and as often as you like, as long as you have something sturdy nearby to hold on to.

Maintain balance to ensure tasks such as shopping at the grocery store, walking and maneuvering objects on the ground remain easy to perform.

## Level 1 Exercises

Name: \_\_\_\_\_

<b>Week of:</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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[illegible]

## Saturday

# of Sets
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## Level 1 Balance Exercise #1: Semi-Tandem Stance

**Objective:** This exercise is a basic building block for all balance.

1. Stand next to a counter/chair for safety and stability. Put hand on chair or counter.
2. Place the heel of one foot to the side of the first toe of the opposite foot.
3. Hold this position for 10 seconds.
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. Increase time from 10-30 seconds.
2. Move the heel of right foot directly in front of left toes so you are in a straight line, hold 10 seconds.
3. As you feel able, decrease amount of hand support.
4. To make this exercise more challenging you can close your eyes, **MAKE SURE TO HAVE YOUR HAND ON COUNTER/CHAIR** when first trying this.

**A.**



**B.**



**C.**



## Level 1 Balance Exercise #2: Single Leg Hold

**Objective:** You stand on one leg every time you take a step or walk up and down stairs. Don't underestimate the importance of this single leg hold exercise.

1. Stand beside a steady, solid chair (not one with wheels), and hold onto the back of it.
2. Lift up your right foot and balance on your left foot.
3. Hold that position for 10-30 seconds or as long as you can.
4. Alternate legs, repeat 3-5 times.

### How to progress:

1. Decrease amount of hand support from 1 hand to 2-3 fingers, to 1 finger, or not holding on at all.
2. While holding, do slow head turns to the right and left.





## Level 2 Balance Exercise #3: Foot Taps on a Cone or Step

**Objective:** This exercise helps improve coordination for going up and down the stairs.

1. Standing next to a counter/chair with hand on for balance, stand tall and face the step or cone.
2. In a controlled motion, lift one foot, tap the cone or step for one second, then return to your starting position.
3. Alternate legs, try to do with a slow, steady rhythm.
4. Repeat 5-10x each leg.

### How to progress:

1. Decrease amount of hand support from 1 hand to 2-3 fingers, to 1 finger, or not holding on at all.

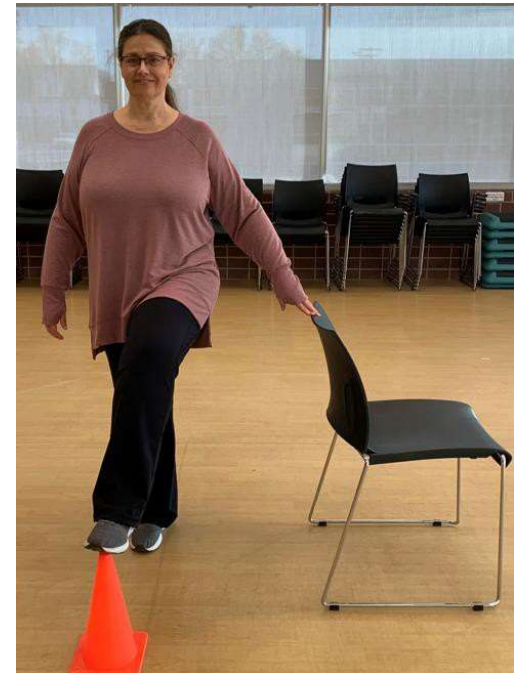
**A. Starting Position**



**B. Start with one side and tap**



**C. Return to starting position and tap cone with opposite leg.**





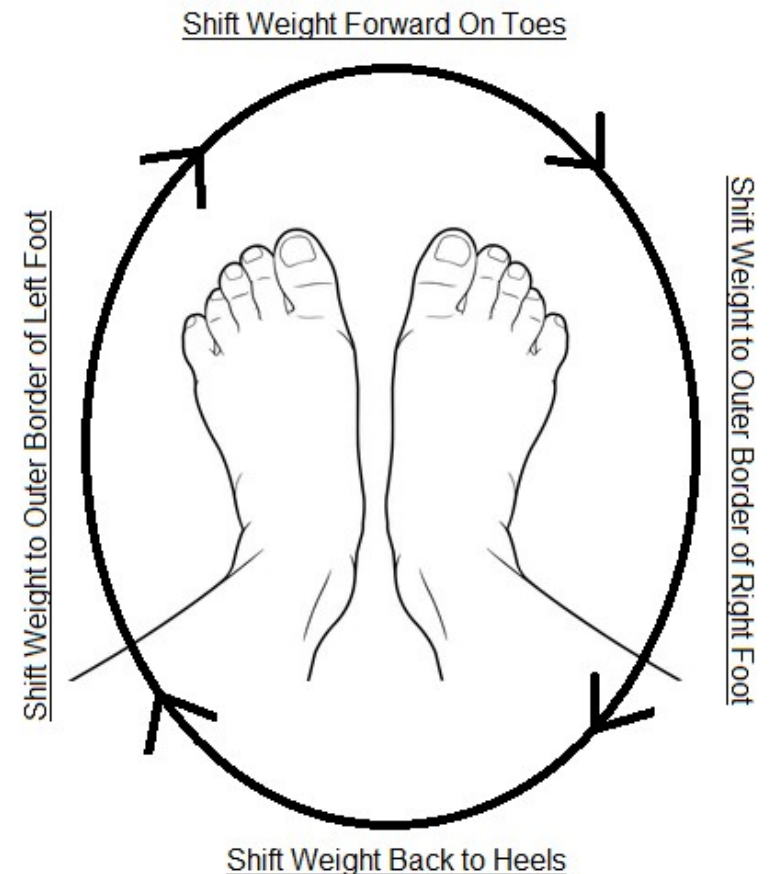
## Level 2 Balance Exercise #4: Standing Weight Shift Circles

**Objective:** This exercise helps work on your balance by improving sensory input from your feet and ankles that can be affected by chemotherapy.

1. Start with your hand on a counter, and feet approximately 4 inches apart.
2. Imagine there is a circle drawn around your feet.
3. Shift your weight forward, to your toes, to the front of the imaginary circle.
4. Shift weight clockwise to outer border of right foot.
5. Shift weight back to heels.
6. Shift weight to outer border of left foot.
7. Try to keep your movements smooth.
8. Do 5 rotations in a clockwise direction, repeat doing 5 rotations in a counterclockwise direction.

### How to progress:

1. To make this exercise more challenging you can close your eyes. KEEP YOUR HAND ON THE COUNTER WHEN YOU FIRST TRY THIS.





## Level 2 Balance Exercise #5 Counter Reach

**Objective:** We reach for many things throughout our day, this exercise practices keeping your balance while reaching.

1. Stand facing counter.
2. Place both hands lightly on counter with back straight.
3. Reach or slide one hand forward, bending at waist, so you are reaching forward 6-12 inches.
4. Repeat with opposite hand, do 5-10 reaches each arm.

### How to progress:

1. Have the non-reaching hand just off the counter so that all the control of reaching forward is on your leg and back muscles.
2. Bonus version: side reach. Stand at 90 degree angle to counter, hand on counter. Lean to side and reach hand approximately 6 inches out to side. Do 5 reaches on one side, switch and do 5 reaches with opposite arm.

A.



B.



C.



D.



## Level 3 Exercises

<b>Week of:</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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## Sunday

**Tuesday**

## Thursday

## Saturday

Reps	# of Sets
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Reps	# of Sets
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Reps	# of Sets
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Reps	# of Sets
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Reps	# of Sets
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Reps	# of Sets
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## Level 3 Balance Exercise #6: Lateral Stepping

**Objective:** This exercise helps improve coordination for the many turns and side-steps you take throughout your day.

1. Stand with your feet together, while holding onto a counter, or wall.
2. Step to the side so your feet are just past shoulder width with each step.
3. Continue this motion along a counter or wall, performing 5-10 side steps to your right.
4. Repeat 5-10 steps to your left.
5. Do 5 repetitions both sides.

### How to progress:

1. Increase the number of steps you take in each direction.
2. When ready, do not hold on for support.

### A. Starting with your feet together then step to the side



### B. Your feet should end just past the shoulder-width apart.



### Level 3 Balance Exercise #7: Heel to Toe Walk

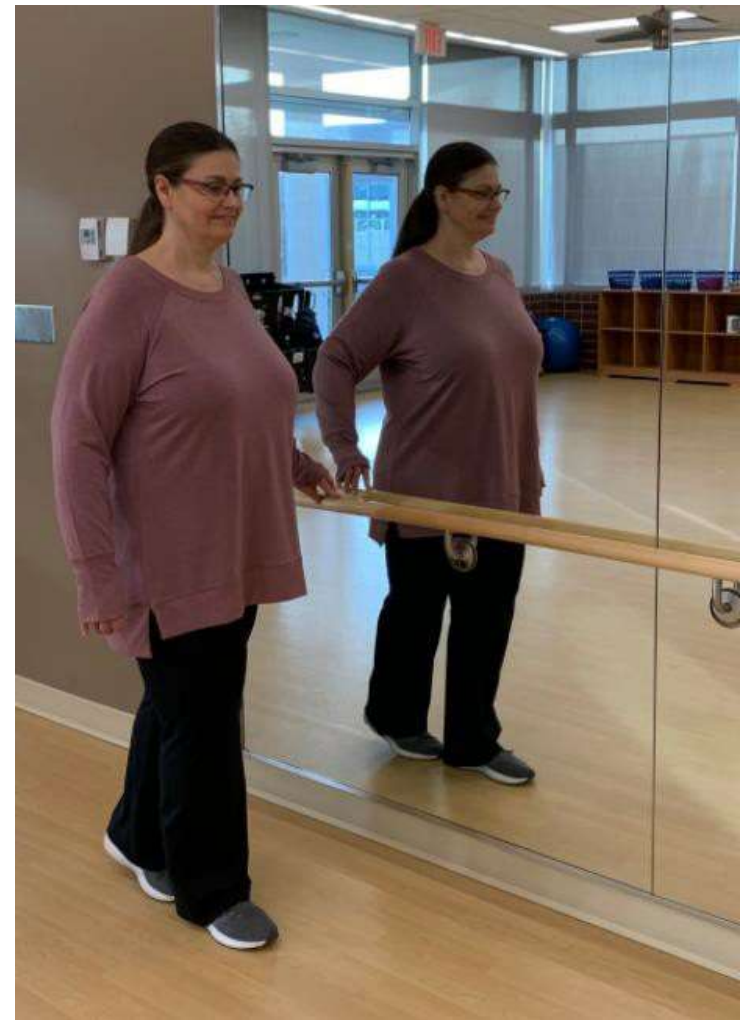
**Objective:** This exercise improves your balance and coordination, which helps to reduce your risk of falling.

1. Stand up tall with hand on a sturdy counter, wall or back of couch.
2. Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot.
3. Move left foot in front of your right and continue heel to toe walk for 5-10 steps.
4. Do 5 repetitions.

#### How to progress:

1. Increase the number of steps you take.

*\*You can use one hand to touch the surface of the bar or counter or place your arms out at your sides to help with your balance.*



## FLEXIBILITY AND BALANCE

**Goal: 3-5 days per week**

**Name:** \_\_\_\_\_ **Level:** \_\_\_\_\_

**Level:**

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