



Rhomberg Stance with head nods

Prepare

- Begin in a standing upright position with your feet together and arms resting at your sides.
- Stand next to a chair or counter. Or you can stand in a corner with your back to the corner for safety.

Movement

- Slowly, look down toward the floor, then up toward the ceiling. Continue these movements for 5-10 repetitions.

Hint: Make sure to maintain an upright posture and move your head at the same speed as your eyes. Always use support with your hands as needed.



Tandem Balance

Prepare

- Begin in a standing upright position
- Stand next to a chair or counter. Or you can stand in a corner with your back to the corner for safety.

Movement

- Place one foot directly in front of the other so you are standing heel-to-toe. Hold this position for 20-60 seconds.
- If unable to maintain this position safely, you can move the feet apart or move the front foot back as needed.

Hint: If you can safely hold this for an extended period, try turning your head slowly to the right and then to the left 5-10 repetitions. Always use support with your hands as needed.



Single Leg Stance

Prepare

- Begin in a standing upright position next to a chair or counter. Or you can stand in a corner with your back to the corner for safety.

Movement

- Lift one foot off the floor and hold this position for 10-30 seconds as able.

Hint: Make sure to maintain your spine straight and your hips level. Use support with your hands as needed.