

# Patient Information

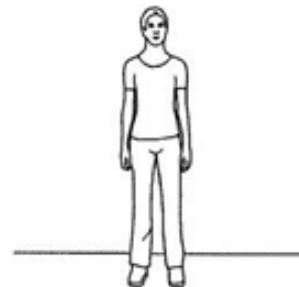
## Balance Exercises

Stand facing the end of your hospital bed, a ward rail, or a work surface in the kitchen when at home; be ready to hold on to something stable if you need to. Stand tall and look ahead. Complete the following exercises.

### Stand with your feet closer together

- keep your eyes open for \_\_\_ seconds
- close your eyes for \_\_\_ seconds
- turn your head from side to side

Repeat \_\_\_ times



### Step one leg forwards

- keep your eyes open for \_\_\_ seconds
- close your eyes for \_\_\_ seconds
- turn your head from side to side

Repeat \_\_\_ times



Repeat with your other leg.

### Stand heel to toe

- keep your eyes open for \_\_\_ seconds
- close your eyes for \_\_\_ seconds
- turn your head from side to side

Repeat \_\_\_ times

Repeat with your other leg.

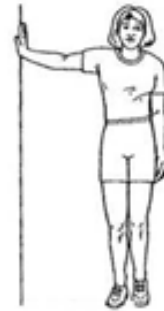




# Balance Exercises

Stand side-on to the kitchen surface or ward rail turn to face the opposite direction, and then turn back again (180°).

- Progress to a 360° turn.



## Standing at the bottom of the stairs or step

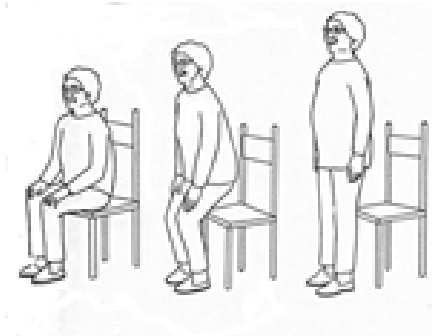
Touch alternate toes onto the first step (using the rail for support if necessary). Do not put your full weight through the leg you have stepped up. Bring it back to the bottom step.



**Sit tall near the front of a chair.  
Place feet hip width apart and flat on the floor.**

## Lean slightly forwards and stand up

- keep your eyes open repeat \_\_\_ times
- close your eyes repeat \_\_\_ times
- keep your feet together repeat \_\_\_ times
- keep your feet together and your eyes closed repeat \_\_\_ times



For further information please discuss with your Physiotherapist or call the office on 01793 605126 Monday to Friday 8:00-16:30, this has an answerphone service if the office is unmanned.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

### Document Control

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