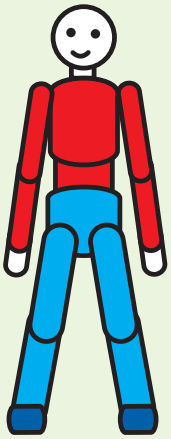
Exercise 31

Single leg balance

Starting position: Standing with your feet slightly apart

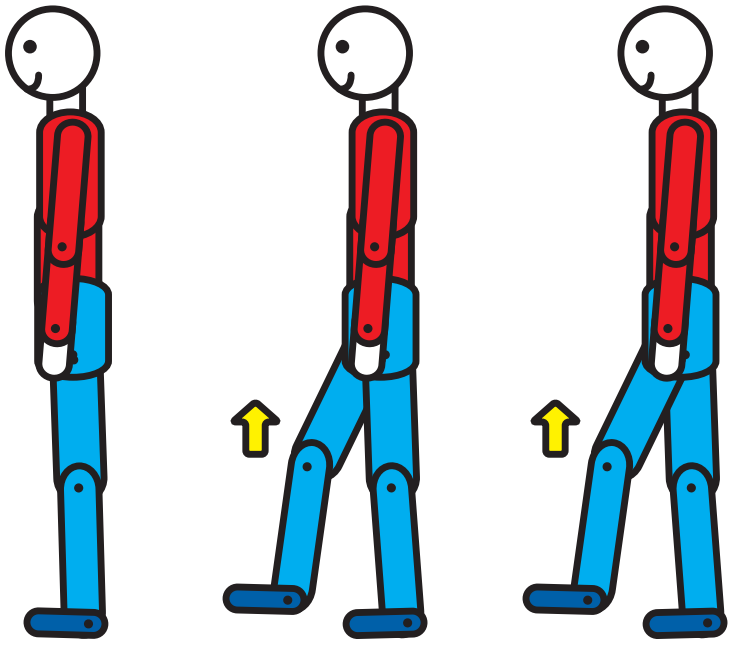


Step one

Try to lift one leg off the floor and hold your balance. Lower, then try with the other leg. Count, aiming for 15 if you can.

Step two

If you are very brave try this with your eyes closed but be careful and always make sure there is something firm to catch hold of.



If you have problems/concerns, talk to a physiotherapist.

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