

Active Health Solutions

Balance: Stable Surface



Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. Double Leg Stand

- 30 second with eyes open.
- Progress to 30 seconds with eyes closed.



2. Single Leg Stand

- Eyes open for 30 seconds on right leg.
- Repeat on left.
- Progress to eyes closed for 30 on each leg.



3. Single Leg Stand

-Eyes closed and turn head away from the bent knee.



4. Single Leg Dead Lift Without Weights.

-Hinge forward from the hip, keeping the knee “soft.”

-Engage the back of the leg to return to standing.



5. Lunges

-Keep your upper body straight with the shoulders back and relaxed.

-Engage your core. Step forward with one leg, lowering your hips until both knees are bent about 90°.

-Make sure your front knee is directly above your front ankle, and your back knee doesn't touch the floor.

-Keep the weight in your heels as you push back to the starting position.