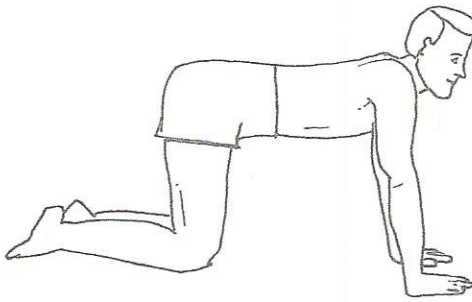
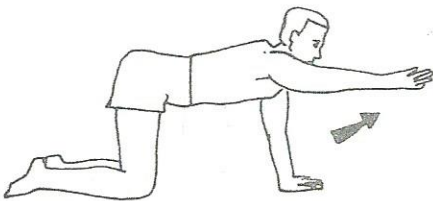


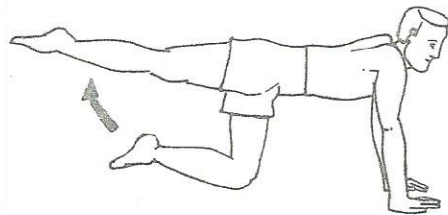
Coordination and Balance Exercises for Ambulatory Persons



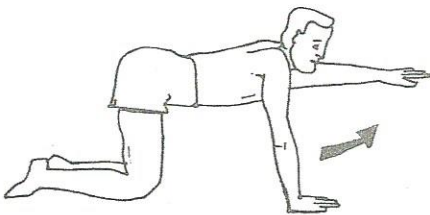
- 1.** Assume hands and knees position.



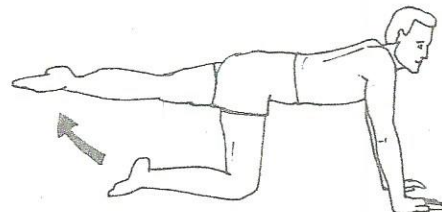
- a.** Reach forward with your right arm, shift weight forward toward your right arm. Hold for a count of 5, and then return to original position.



- c.** Point backwards and straighten your right leg, shifting your weight back toward your leg. Hold right leg extended for a count of 5. Return to original position.

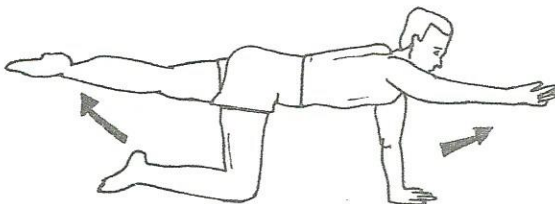


- b.** Reach forward with your left arm shifting your weight forward towards your left arm. Hold for a count of 5, return to original position.

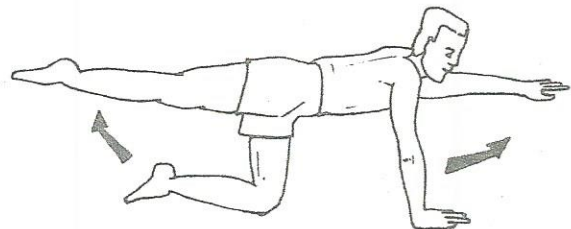


- d.** Point backwards and straighten your left leg. Hold left leg extended for a count of 5, then return to original position.

If you can do the above exercises with no difficulty, try these:



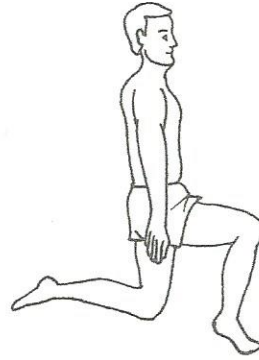
- a.** Simultaneously reach forward with your right arm and straighten out your left leg in a backward direction. Hold for a count of 5 and return to original position.



- b.** Simultaneously reach forward with your left arm while straightening out your right leg in a backward direction. Hold for a count of 5, and then return to original position.

Part A (continued)

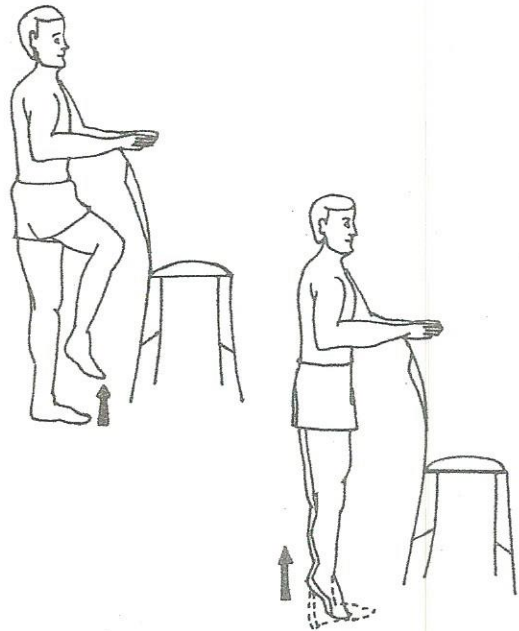
- 2.** Assume a kneeling position. With your arms at your side, rise to a half-kneeling position (right leg first) and then stand. Use your arms to balance yourself, then try coming down to a kneeling position leading with your right knee. Now try repeating the same sequence with your left leg.



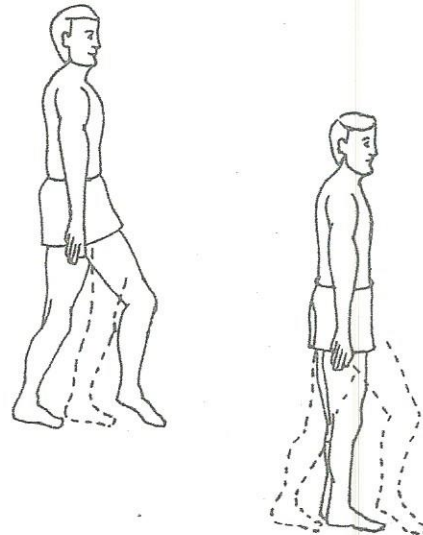
- 3.** Try the next 2 exercises with a partner. Stand face to face, elbows bent, hands resting on partner's hands, palm to palm. Your palms are down, helper's palms are up. *If no one is available, stand holding the back of a chair.*

- a.** Bring up right foot and leg at least 3" from floor and attempt to maintain balance on your left foot. Remember that the small shifts in position (oscillations) are natural and to be expected. Hold for a count of 10 if possible. Then return right foot to floor and try lifting up left foot and maintaining balance.

- b.** Alternate rising up on your toes and back on your heels. Try doing this 10 times in succession.



- 4.** Braid Walking: Stand with your feet 2 feet apart. Side step, bringing your left foot behind right foot, then move right foot over 2 feet past your left foot. Repeat sequence 5 times, then reverse direction.



- 5.** Try walking forward and backward in a straight line.

Coordination and Balance Exercises To Do While Sitting for Non-Ambulatory Persons

1. Practice sitting unsupported. Try to maintain your balance keeping your arms on your lap. If possible, lift up one leg, then the other.
2. With your arms at your side and elbows bent to 90 degrees, turn right hand so that your palm faces up. Turn your left hand so that your palm faces down. Then simultaneously switch so that right hand palm is now down and left hand palm is up. Repeat in rapid succession.
3. Start with both hands in the middle of your chest. Bring one arm up and forward while simultaneously stretching your other arm back. Then return to original position and repeat in opposite direction. Try repeating sequence 5 times.

