

Balance Progression

Level 1 - Perform “a through g”, using as difficult Feet, Hands/Arms, and Hold Times as possible, but ensuring you are stable and comfortable.

Level 2 - After Level 1 is performed comfortably, proceed onto **Level 2**.

Level 3 - After Level 2 is performed comfortably, proceed onto **Level 3**.

Level 4 - After Level 3 is performed comfortably, proceed onto **Level 4**, and only proceed onto Level 4 when you are stable and comfortable performing all previous levels.

DO NOT BE DISCOURAGED. The more you practice, the easier the exercises will get.

Level 1 - **ALWAYS** stand by a **sturdy SUPPORT** (chair, counter, etc) so if you wobble or start to fall you can grab a hold of it and not fall.

Level	Eyes	Feet	Hands/Arms	Hold Time
1		Progressions from easiest to hardest:	Progressions from easiest to hardest:	
a	OPEN	Close together	i - Both hands holding onto SUPPORT ii - One hand holding onto support iii - 1 finger on support iv - no hands holding support v - arms spread out to sides. iv - arms crossed over body	Time Progression: i - 20 seconds ii - 30 seconds iii - 45 seconds iv - 60 seconds
b		Apart and one in front of the other	same as above	same as above
c		One foot in front of other with heel & toe touching, like standing on a tight-rope. (Good balance is to be able to do this for 30 seconds without holding onto something.)	same as above	same as above
d		High Knee in front of body (Good balance is to be able to do this for 20 seconds without holding onto something.)	same as above	same as above
e		Foot resting on standing leg	same as above	same as above
f		High Foot in back of body	same as above	same as above
g		High Knee in front of body & circle foot	same as above	same as above

Level 2 - is the same “a-g” and Feet, Hand/Arm, Hold Time progression as Level 1, **except OPEN EYES are LOOKING AROUND THE ROOM.** Remember to **ALWAYS** stand by a **sturdy SUPPORT** (chair, counter, etc) so if you wobble and start to fall you can grab a hold of it and not fall.

Level 3 - is the same “a-g” and Feet, Hand/Arm, Hold Time progression as Level 1, **except EYES are CLOSED.** Remember to **ALWAYS** stand by a **sturdy SUPPORT** (chair, counter, etc) so if you wobble or start to fall you can grab a hold of it and not fall.

Level 4 - is the same “a-g” and Feet, Hand/Arm, Hold Time progression as Level 1, **except OPEN EYES & you are Standing on a pillow or foam or other UNSTABLE SURFACE.** Remember to **ALWAYS** stand by a **sturdy SUPPORT** (chair, counter, etc) so if you wobble or start to fall you can grab a hold of it and not fall.