

Face Counter, Lean Close

“Stand tall 4” from counter, lean toward counter without touching, count to 30”

HARDER: stand farther from counter

EASIER: stand closer to counter

AVOID: taking a step



Face Away From Counter, Lean Close

“Stand tall 4” from counter, lean toward counter without touching, count to 30”

HARDER: stand farther from counter

EASIER: stand closer to counter

AVOID: taking a step



Palms Up, Leg Out

“Place hands palms up on counter, stand tall, move right leg to side 15 times, repeat with left”

HARDER: move leg out farther

EASIER: move leg out less

AVOID: moving hips, slouching



Shoulder Stretch

“Place fists on counter as shown, walk back and bend at hips with straight arms to a moderate stretch, hold 60 seconds”

HARDER: bend at hips more

EASIER: bend elbows slightly, bend over less

AVOID: palms down



3-Spot Reach

“Hands on counter, stand tall, reach to right, middle and left 10 times using right hand, repeat with left”

HARDER: reach farther

EASIER: don't reach as far

AVOID: leaning on counter too much



Palms Up, Leg Back

“Place hands palms up on counter, stand tall, move right leg back 15 times, repeat with left”

HARDER: move leg back farther

EASIER: move leg back less

AVOID: moving pelvis, arching



Shoulder Squeeze

“Stand tall, lean against counter *slightly*, bend elbows ~90°, squeeze shoulder blades for 7 seconds, repeat 10 times.”

HARDER: lift elbows up higher

EASIER: elbows lower, squeeze less

AVOID: shrugging, arching



Other Stuff

- For at least the 1st session, we strongly recommend completing with a mentor
- Participant should be cleared for standing activity by their physician
- This program should be done *at least* twice/day in supportive footwear
- If participant believes something is wrong, a brief rest break should be taken (have chair nearby)
- This program can help slow decline in balance and overall health; to reverse trends, more aggressive standing balance strengthening and stretching are needed
- Normal breathing is crucial during activity
- Questions? Email Dr. Hoobler at colin@s3balance.com