

1 Leg Balance, Eyes

Closed:

Exercise Purpose:

To improve your lower limb balance



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=954>

Key Points:

- Stand on 1 leg and try to balance
- Once you are steady try closing your eyes and see how long you can hold them closed
- When you do this try to keep your toes relaxed and keep your ankle as still as possible
- If you lose your balance then please put your other foot back on the ground or touch the wall

*If you have very poor balance make sure you are close to a wall or something you can put your hand on if you lose your balance

*You may find it easier to balance if you put your hands out to the side away from your body and hold them there