

## Single Leg Balance



\*\*PLEASE FOLLOW YOUR THERAPISTS  
RECOMMENDED REPETITIONS\*\*

**Start by holding onto a stable chair or table for support. Lift up one foot and balance on the other foot. Stand upright, and look forward. Hold your leg up as recommended by your therapist. After, place your leg on the floor and switch legs.**

\_\_\_\_\_ **Seconds per leg**

\_\_\_\_\_ **Repetitions**

