








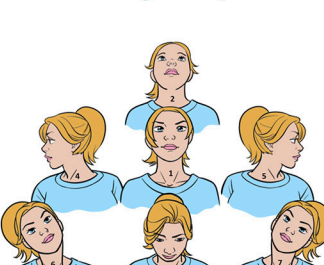
## At Home Exercises to Improve Balance!

Having balance challenges or dizziness symptoms may feel like the end of the world, but there is hope! Physical therapy and vestibular rehabilitation can significantly help individuals who suffer from these dysfunctions. However, there are some things you can do at home as well! Brian Werner, PT, MPT, FYZICAL's National Director of Balance Education, provides some exercises you can do from the comfort of your living room to improve balance and dizziness:

1. Position yourself in the corner of a room with a chair in front of you for stabilization and safety.
2. Stand with your feet together.
3. With your eyes closed, perform the following head movements in a sequence one after another:
  - Look up (hold for 5 counts)
  - Look straight ahead, turn your head so you look to the left (hold)
  - Return to center, turn your head so you look to the right (hold)
  - Look straight ahead, then look down (hold)
  - Return to center, tilt your head to the left (hold)
  - Return to center, tilt your head to the right (hold)
4. Open your eyes.
5. Now move one foot slightly forward so that you place the instep of one foot touching the big toe of the other foot. (see image below)
6. With your eyes closed, repeat the same head motions as before.
7. Switch feet, and repeat the head motions with your eyes closed.
8. Now place one foot in front of the other so that the heel is touching your toes. (see image below)
9. With your eyes open, repeat the head motions.
10. Switch feet, and repeat the head motions with your eyes open.
11. Now stand on one foot (hold on to the chair if you need to!)
12. Repeat the same head motions with your eyes open.
13. Switch feet, and repeat the same head motions with your eyes open.

Try and do this twice a day. If you do not see improvement with your symptoms, we would like to see you for a free assessment.

Directions: Position yourself in the corner of a room with a chair in front of you for stabilization and safety. Preform each exercise according to the instructions on this sheet. Repeat each of these exercises two (2) times per day.

Stance	Eyes	Duration
1. Stand with your feet together.	Hold Each Head Position with <b>Eyes Closed</b>	Set 1: <b>5 sec.</b>
		Set 2: <b>10 sec.</b>
2. Place the instep of one foot so it is touching the big toe of the other foot.	Hold Each Head Position with <b>Eyes Closed</b>	Set 1: <b>5 sec.</b>
		Set 2: <b>10 sec.</b>
Right/Left		Set 3: <b>15 sec.</b>
3. Place on foot in front of the other, heel touching toe.	Hold Each Head Position with <b>Eyes Open</b>	Set 1: <b>5 sec.</b>
		Set 2: <b>10 sec.</b>
Right/Left		Set 3: <b>15 sec.</b>
4. Stand on one foot.	Hold Each Head Position with <b>Eyes Open</b>	Set 1: <b>5 sec.</b>
		Set 2: <b>10 sec.</b>
Right/Left		Set 3: <b>15 sec.</b>

**HAVE QUESTIONS? CALL FYZICAL TODAY!**

P: (207) 291-5714 | 31 Bangor Mall Blvd. Bangor, ME 04401 | [fyzical.com/twin-city-bangor-me](http://fyzical.com/twin-city-bangor-me)