Balance and Mobility Exercises
for Physical Activity Classes
<table>
<thead>
<tr>
<th>BALANCE BASICS</th>
<th>FINE TUNING THE SENSES</th>
<th>FUNCTIONAL FROLICS</th>
<th>FIRMING UP THE MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Seated Balance</td>
<td>27 Visual: Seated Trunk Movements</td>
<td>45 Circle Soccer</td>
<td>56 Strength: Heel Raises</td>
</tr>
<tr>
<td>2 Seated Balance with Trunk Leans</td>
<td>28 Somatosensory: Seated Trunk Movements</td>
<td>46 Give and Take Walk</td>
<td>57 Strength: Forward Lunge</td>
</tr>
<tr>
<td>3 Seated Balance with Leg Movements (1)</td>
<td>29 Vestibular: Seated Trunk Movements</td>
<td>47 Musical Spots</td>
<td>58 Strength: Forward / Backward Leg Lifts</td>
</tr>
<tr>
<td>4 Seated Balance with Leg Movements (2)</td>
<td>30 Somatosensory: Shift Around the Clock</td>
<td>48 Fast Feet</td>
<td>59 Strength: Lateral leg Lifts</td>
</tr>
<tr>
<td>5 Chair Transfers</td>
<td>31 Visual: Shift Around the Clock</td>
<td>49 Line Pass</td>
<td>60 Strength: Leg Curls</td>
</tr>
<tr>
<td>6 Standing with Altered Base of Support (1)</td>
<td>32 Somatosensory: Standing with Altered Base of Support (1)</td>
<td>50 Parachute</td>
<td>61 Strength: Squats</td>
</tr>
<tr>
<td>7 Standing with Altered Base of Support (2)</td>
<td>33 Vestibular: Standing with Altered Base of Support (2)</td>
<td>51 Parachute Push Pull</td>
<td></td>
</tr>
<tr>
<td>8 Shift Around the Clock</td>
<td>34 Visual: Standing with Altered Base of Support (2)</td>
<td>52 Creek Walk</td>
<td></td>
</tr>
<tr>
<td>9 Lateral Weight Shifts with Head Turns</td>
<td>35 Somatosensory: Standing with Altered Base of Support (1)</td>
<td>53 Emily Post Promenade</td>
<td></td>
</tr>
<tr>
<td>10 Forward Right &amp; Left Step</td>
<td>36 Somatosensory: Standing with Altered Base of Support (2)</td>
<td>54 Waiter’s Relay</td>
<td></td>
</tr>
<tr>
<td>11 Four Corner Stepping</td>
<td>37 Vestibular: Standing with Altered Base of Support (1)</td>
<td>55 Horseshoes with Altered Base of Support</td>
<td></td>
</tr>
<tr>
<td>12 Foot Drawing</td>
<td>38 Vestibular: Standing with Altered Base of Support (2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 Ball Rolls</td>
<td>39 Somatosensory &amp; Vestibular: Balloon Volleyball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 Creek Crossing</td>
<td>40 Somatosensory: Forward Right &amp; Left Step</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Walk with Directional Changes and Abrupt Stops</td>
<td>41 Somatosensory: Walking with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>42 Visual: Walking with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>43 Vestibular: Walking with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>44 Somatosensory: Walking with Altered Vision</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FANCY FOOTWORK</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>16 Walk with Altered Base of Support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 Walk with Head Turns</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 Walk Through Cones</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19 Obstacle Negotiation with Cones</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 Variation Course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 Mambo Steps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22 Side Step</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 Grapevine / Braiding</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 Semi-Tandem &amp; Tandem Walk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 Figure 8 Walk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26 Spiral Walk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27 Visual: Seated Trunk Movements</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 Somatosensory: Seated Trunk Movements</td>
<td>32 Somatosensory: Shift Around the Clock</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 Vestibular: Seated Trunk Movements</td>
<td>30 Somatosensory: Shift Around the Clock</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Somatosensory: Shift Around the Clock</td>
<td>31 Visual: Shift Around the Clock</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31 Visual: Shift Around the Clock</td>
<td>32 Somatosensory: Standing with Altered Base of Support (1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>32 Somatosensory: Standing with Altered Base of Support (2)</td>
<td>33 Vestibular: Standing with Altered Base of Support (2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33 Vestibular: Standing with Altered Base of Support (1)</td>
<td>34 Visual: Standing with Altered Base of Support (2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>34 Visual: Standing with Altered Base of Support (2)</td>
<td>35 Somatosensory: Standing with Altered Base of Support (1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35 Somatosensory: Standing with Altered Base of Support (2)</td>
<td>36 Vestibular: Standing with Altered Base of Support (2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>36 Vestibular: Standing with Altered Base of Support (1)</td>
<td>37 Somatosensory: Standing with Altered Base of Support (2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>37 Vestibular: Standing with Altered Base of Support (2)</td>
<td>38 Somatosensory: Standing with Altered Base of Support (1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>38 Vestibular: Standing with Altered Base of Support (2)</td>
<td>39 Somatosensory &amp; Vestibular: Balloon Volleyball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>39 Somatosensory &amp; Vestibular: Balloon Volleyball</td>
<td>40 Somatosensory: Forward Right &amp; Left Step</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40 Somatosensory: Forward Right &amp; Left Step</td>
<td>41 Somatosensory: Walking with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>41 Somatosensory: Walking with Altered Base of Support</td>
<td>42 Visual: Walking with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>42 Visual: Walking with Altered Base of Support</td>
<td>43 Vestibular: Walking with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>43 Vestibular: Walking with Altered Base of Support</td>
<td>44 Somatosensory: Walking with Altered Vision</td>
<td></td>
<td></td>
</tr>
<tr>
<td>44 Somatosensory: Walking with Altered Vision</td>
<td>45 Circle Soccer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45 Circle Soccer</td>
<td>46 Give and Take Walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>46 Give and Take Walk</td>
<td>47 Musical Spots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>47 Musical Spots</td>
<td>48 Fast Feet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>48 Fast Feet</td>
<td>49 Line Pass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>49 Line Pass</td>
<td>50 Parachute</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50 Parachute</td>
<td>51 Parachute Push Pull</td>
<td></td>
<td></td>
</tr>
<tr>
<td>51 Parachute Push Pull</td>
<td>52 Creek Walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>52 Creek Walk</td>
<td>53 Emily Post Promenade</td>
<td></td>
<td></td>
</tr>
<tr>
<td>53 Emily Post Promenade</td>
<td>54 Waiter’s Relay</td>
<td></td>
<td></td>
</tr>
<tr>
<td>54 Waiter’s Relay</td>
<td>55 Horseshoes with Altered Base of Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>55 Horseshoes with Altered Base of Support</td>
<td>56 Strength: Heel Raises</td>
<td></td>
<td></td>
</tr>
<tr>
<td>56 Strength: Heel Raises</td>
<td>57 Strength: Forward Lunge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>57 Strength: Forward Lunge</td>
<td>58 Strength: Forward / Backward Leg Lifts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>58 Strength: Forward / Backward Leg Lifts</td>
<td>59 Strength: Lateral leg Lifts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>59 Strength: Lateral leg Lifts</td>
<td>60 Strength: Leg Curls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60 Strength: Leg Curls</td>
<td>61 Strength: Squats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>61 Strength: Squats</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Balance and Mobility Exercises for Physical Activity Classes

Challenge Level Key

L1 Level 1 for participants at Moderate to High Fall Risk

L2 Level 2 for participants at Low Fall Risk

- ○ △ Low Challenge
- ● △ Moderate Challenge
- ● △ High Challenge
- ○ ● Do Not Perform

Adherence to challenge level codes should be strictly followed in group based settings.
### Level 1

#### Table of Exercises

<table>
<thead>
<tr>
<th>Level Challenge:</th>
<th>Exercise Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low Challenge:</strong></td>
<td></td>
</tr>
<tr>
<td>1. Seated Balance</td>
<td></td>
</tr>
<tr>
<td>2. Seated Balance with Trunk Leans</td>
<td></td>
</tr>
<tr>
<td>3. Seated Balance with Leg Movements (1)</td>
<td></td>
</tr>
<tr>
<td>30. MST Somatosensory: Pass The Potato</td>
<td></td>
</tr>
<tr>
<td>48. Fast Feet</td>
<td></td>
</tr>
<tr>
<td><strong>Moderate Challenge:</strong></td>
<td></td>
</tr>
<tr>
<td>4. Seated Balance with Leg Movements (2)</td>
<td></td>
</tr>
<tr>
<td>5. Chair Transfers</td>
<td></td>
</tr>
<tr>
<td>6. Standing with Altered Base of Support (1)</td>
<td></td>
</tr>
<tr>
<td>8. Shift Around the Clock</td>
<td></td>
</tr>
<tr>
<td>9. Lateral Weight Shifts with Head Turns</td>
<td></td>
</tr>
<tr>
<td>10. Forward Right &amp; Left Step</td>
<td></td>
</tr>
<tr>
<td>11. Four Corner Stepping</td>
<td></td>
</tr>
<tr>
<td>18. Walk Through Cones</td>
<td></td>
</tr>
<tr>
<td>20. Variation Course</td>
<td></td>
</tr>
<tr>
<td>21. Mambo Steps</td>
<td></td>
</tr>
<tr>
<td>22. Side Step</td>
<td></td>
</tr>
<tr>
<td>27. MST Visual: Seated Trunk Movements</td>
<td></td>
</tr>
<tr>
<td>28. MST Somatosensory: Seated Trunk Movements</td>
<td></td>
</tr>
<tr>
<td>31. MST Somatosensory: Shift Around the Clock</td>
<td></td>
</tr>
<tr>
<td>50. Parachute</td>
<td></td>
</tr>
<tr>
<td>51. Parachute Push Pull</td>
<td></td>
</tr>
<tr>
<td><strong>High Challenge:</strong></td>
<td></td>
</tr>
<tr>
<td>7. Standing with Altered Base of Support (2)</td>
<td></td>
</tr>
<tr>
<td>15. Walk with Directional Changes and Abrupt Stops</td>
<td></td>
</tr>
<tr>
<td>19. Obstacle Negotiation with Cones</td>
<td></td>
</tr>
<tr>
<td>29. MST Vestibular: Seated Trunk Movements</td>
<td></td>
</tr>
<tr>
<td>32. MST Visual: Shift Around the Clock</td>
<td></td>
</tr>
<tr>
<td>33. MST Visual: Standing with Altered Base of Support (1)</td>
<td></td>
</tr>
<tr>
<td>34. MST Visual: Standing with Altered Base of Support (2)</td>
<td></td>
</tr>
<tr>
<td>35. MST Somatosensory: Standing with Altered Base of Support (1)</td>
<td></td>
</tr>
<tr>
<td>36. MST Somatosensory: Standing with Altered Base of Support (2)</td>
<td></td>
</tr>
<tr>
<td>37. MST Vestibular: Standing with Altered Base of Support (1)</td>
<td></td>
</tr>
<tr>
<td>38. MST Vestibular: Standing with Altered Base of Support (2)</td>
<td></td>
</tr>
<tr>
<td>39. MST Somatosensory &amp; Vestibular: Balloon Volleyball</td>
<td></td>
</tr>
<tr>
<td>40. MST Somatosensory: Forward Right &amp; Left Step</td>
<td></td>
</tr>
<tr>
<td>41. MST Somatosensory: Walking with Altered Base of Support</td>
<td></td>
</tr>
<tr>
<td>45. Circle Soccer</td>
<td></td>
</tr>
</tbody>
</table>

*MST = Multisensory Training*
### Table of Exercises

#### Low Challenge:

<table>
<thead>
<tr>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>5  Chair Transfers</td>
</tr>
<tr>
<td>6  Standing with Altered Base of Support (1)</td>
</tr>
<tr>
<td>8  Shift Around the Clock</td>
</tr>
<tr>
<td>9  Lateral Weight Shifts with Head Turns</td>
</tr>
<tr>
<td>10 Forward Right &amp; Left Step</td>
</tr>
<tr>
<td>11 Four Corner Stepping</td>
</tr>
<tr>
<td>12 Foot Drawing</td>
</tr>
<tr>
<td>15 Walk with Directional Changes and Abrupt Stops</td>
</tr>
<tr>
<td>16 Walk with Altered Base of Support</td>
</tr>
<tr>
<td>18 Walk Through Cones</td>
</tr>
<tr>
<td>20 Variation Course</td>
</tr>
<tr>
<td>21 Mambo Steps</td>
</tr>
<tr>
<td>22 Side Step</td>
</tr>
<tr>
<td>31 MST Somatosensory: Shift Around the Clock</td>
</tr>
<tr>
<td>46 Give and Take Walk</td>
</tr>
<tr>
<td>52 Creek Walk</td>
</tr>
<tr>
<td>55 Horseshoes with Altered Base of Support: Feet Together &amp; Split Stance</td>
</tr>
</tbody>
</table>

#### Moderate Challenge:

<table>
<thead>
<tr>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 Ball Rolls</td>
</tr>
<tr>
<td>14 Creek Crossing</td>
</tr>
<tr>
<td>17 Walk with Head Turns</td>
</tr>
<tr>
<td>19 Obstacle Negotiation with Cones</td>
</tr>
<tr>
<td>32 MST Visual: Shift Around the Clock</td>
</tr>
<tr>
<td>33 MST Visual: Standing with Altered Base of Support (1)</td>
</tr>
<tr>
<td>35 MST Somatosensory: Standing with Altered Base of Support (1)</td>
</tr>
<tr>
<td>37 MST Vestibular: Standing with Altered Base of Support (1)</td>
</tr>
<tr>
<td>40 MST Somatosensory: Forward Right &amp; Left Step</td>
</tr>
<tr>
<td>41 MST Somatosensory: Walking with Altered Base of Support</td>
</tr>
<tr>
<td>42 MST Visual: Walking with Altered Base of Support</td>
</tr>
<tr>
<td>44 MST Somatosensory: Walking with Altered Vision</td>
</tr>
<tr>
<td>47 Musical Spots</td>
</tr>
<tr>
<td>48 Fast Feet</td>
</tr>
<tr>
<td>49 Line Pass</td>
</tr>
<tr>
<td>50 Parachute</td>
</tr>
<tr>
<td>51 Parachute Push Pull</td>
</tr>
<tr>
<td>53 Emily Post Promenade</td>
</tr>
<tr>
<td>54 Waiter’s Relay</td>
</tr>
<tr>
<td>55 Horseshoes with Altered Base of Support: Semi-Tandem</td>
</tr>
</tbody>
</table>

*MST = Multisensory Training*
**High Challenge:**

7. Standing with Altered Base of Support (2)
23. Grapevine / Braiding
24. Semi-Tandem & Tandem Walk
25. Figure 8 Walk
26. Spiral Walk
34. MST Visual: Standing with Altered Base of Support (2)
36. MST Somatosensory: Standing with Altered Base of Support (2)
38. MST Vestibular: Standing with Altered Base of Support (2)
39. MST Somatosensory & Vestibular: Balloon Volleyball
43. MST Vestibular: Walking with Altered Base of Support
45. Circle Soccer
55. Horseshoes with Altered Base of Support: Tandem

*MST* = Multisensory Training
**Floor to Standing Transfer**

*Instructions for Activity:*

1) Bring (extend) arm up alongside the head.

2) Bend the opposite leg at the knee.

3) Roll to side lying position (toward the extended arm). Bring top arm over and place the hand on the floor.

4) Push to a side sitting position.

5) Roll onto hands and knees.

6) Push to standing using one of the following methods:

   **Option A**
   Crawl to an external support to pull up to standing.

   **Option B**
   Half-kneel to standing.

   **Option C**
   Hand-walk to standing.
Balance Basics

The balance activities presented in this section are designed to improve the older adult’s ability to maintain a more upright and steady position in space (static balance activities) or to move the body through space with greater control, speed, and confidence (dynamic balance).

(Rose, 2005, p. 217)
Seated Balance

**Functional Benefits:**
- Improves postural alignment and stability in seated position.

**Instructions for Activity:**
- Sit on chair with or without armrests with feet hip-width apart.
- Maintain stability for 30 seconds with eyes open.
- Maintain stability for 30 seconds with eyes closed.

**Challenge Level:**
- Hands on chair = Easiest
- Hands on thighs = More Difficult
- Arms crossed over chest = Most Difficult

**Recommended Room Set-up:**
- 1 A or 1 B

**Equipment:**
- Chair with or without armrests

**Safety Guidelines:**
- Position near wall for safety (if using balance balls).

**Reinforcing Verbal Cues:**
- Imagine there is a string connected to the top of your head that is being pulled toward the ceiling.
- Can you sense that your ears are directly above your shoulders?
- Can you sense that your shoulders are directly above your hips?
- Can you feel that you have equal weight on both sides of your buttocks?
- Can you sense that your ankles are directly below your knees?
- Can you feel your feet in contact with the floor?
- Can you feel that the pressure is evenly distributed under both feet?
Seated Balance with Trunk Leans

**Functional Benefits:**
- Improves postural alignment and stability in seated position.
- Increases strength and flexibility of the trunk and hip muscles.
- Improves ability to reach in multiple directions.

**Instructions for Activity:**
- Sit tall on chair with or without armrests with feet hip-width apart.
- If using a ball, hold ball with two hands.
- Perform trunk movements as instructed below.
  - Lateral Rotations. With ball, extend arms to each side of rotation.
  - Forward & Backward Leans. With ball, extend arms forward.
  - Diagonal Forward & Backward Leans. With ball, extend arms so ball is over or beyond the knee in the direction of lean.

**Repetitions:**
- 3 repetitions each direction with center stop
- 3 repetitions each direction with no center stop

**Recommended Room Set-up:**
- 1 A or 1 B

**Equipment:**
- Chair with or without armrests
- Small exercise ball (optional)

**Safety Guidelines:**
- Position near wall for safety (if using balance balls).

**Reinforcing Verbal Cues:**
- Sit tall with the feet flat on the floor before beginning each trunk movement. Keep hips directed forward.
- Perform exercise slowly.
- Keep eyes directed forward & fixed on a vertical target at eye level.
- Perform each movement through as complete a range of motion as possible while maintaining balance.
- Maintain an extended upper body position throughout the rotation or lean.
- Breathe evenly throughout exercise.

**Rotation:**
- As you turn trunk to the right, be aware of the weight remaining on the left side

**Forward and Backward:**
- Can you feel more tension in the thighs as you lean forward, and less as you lean backward?

**Diagonal:**
- Bring the nose over the knee as you lean the trunk forward and on the diagonal.
Seated Balance with Leg Movements (1)

**Functional Benefits:**
- Improves postural alignment and stability in seated position.
- Improves strength of muscles of the trunk, legs, and feet.

**Instructions for Activity:**
- Sit tall on chair with or without armrests with feet hip-width apart.
- Perform leg movements as instructed below.
  - Heel Lifts
  - Toe Lifts
  - Combination Heel and Toe Lifts
  - Ankle Circles (heel in contact with floor).

**Repetitions:**
- 10 repetitions each of the following sequences.
  - Simultaneous
  - Alternating
  - Double and single on verbal commands

**Recommended Room Set-up:**
- 1 A or 1 B

**Equipment:**
- Chair with or without armrests

**Safety Guidelines:**
- Position near wall for safety (if using balance balls).
- Modify hand position to maximize stability on more difficult progressions.
  (See Exercise #1)

**Reinforcing Verbal Cues:**
- Keep your body tall and your gaze focused forward on a vertical target.

**Heel Lifts**
- Weight should shift to the balls of the feet as the heels leave the floor.

**Toe Lifts**
- Weight should shift to the heels of the feet as the toes lift up from the floor.

**Combination Lifts**
- For combination heel and toe lifts: Weight should first shift to the ball of the feet as the heels leave the floor and then back to the heels as the toes are lifted off the floor.

**Ankle Circles**
- Keep heel in contact with the floor.
Seated Balance with Leg Movements (2)

Functional Benefits:
- Improves postural alignment and stability in seated position.
- Improves strength of muscles of the trunk, legs, and feet.

Instructions for Activity:
- Sit tall on the chair.
- Perform leg movements as instructed below.
  1) Seated Marches (vary height of marches)
  2) Single Leg Extensions

Repetitions:
- 10 repetitions each leg for each exercise

Recommended Room Set-up:
- 1 A or 1 B

Equipment:
- Chair with or without armrests

Safety Guidelines:
- Modify hand position to maximize stability on more difficult progressions. (See Exercise #1)
- Do not introduce next progression until previous one can be performed without imbalance.
- Position near wall for safety (if using balance balls).

Reinforcing Verbal Cues:
- Keep your body tall and direct your gaze forward.
- Shift weight through the hip to the opposite side before lifting the leg.

Challenge Level:
- Require a more difficult starting arm position.
- Increase the number of repetitions of each exercise.
- Increase or decrease the speed at which the exercise must be performed.
Chair Transfers

Instructions for Activity:

Chair Transfers **Inside Circle**
- Arrange chairs in a circle (chairs facing the center of the circle), one chair per participant, with one additional chair.
  - Level 1 participants move one at a time. When the first participant sits, the second participant will begin the transfer.
  - Moving in a clockwise direction, each participant moves to the next chair.
  - Repeat until participants return to their starting chair.
  - Repeat in counter-clockwise direction.

Chair Transfers **Outside Circle** (Level 2 only)
- Arrange chairs in a circle (chairs facing out from the center of the circle), one chair per participant.
  - Moving in a clockwise direction, each participant moves to the next chair.
  - Repeat until participants return to their starting chair.
  - Repeat in counter-clockwise direction.
  - Increase challenge by adding music. Participants will sit down when the music stops (musical chairs).

Equipment:
- Chairs
- Music (optional for Level 2)

Safety Guidelines:
- Position near wall for safety (if using balance balls).

Reinforcing Verbal Cues:
- Stand tall with your head erect and your ears directly above your shoulders after rising from chair.
- Focus your eyes on a vertical target directly in front of you.
- Be sure you can feel the chair with your legs before you sit down.

L1 participants should perform while holding onto assistive device.
# 6 Standing with Altered Base of Support (1)

**Functional Benefits:**
- Increases stability when standing in reduced or altered base of support.
- Improves body awareness and control in standing position.

**Instructions for Activity:**
- Stand with feet hip-width apart, ears directly above the shoulders and shoulders directly above the hips.

1) Feet Together
- Move feet together so that the heels and toes are touching if possible. Hold position for 15 seconds with eyes open.

2) Split Stance
- Bring left foot directly forward so that the left heel is even with the toes of the right foot.
- Shift weight in forward direction until hips are between the heel of the front foot and the toes of the rear foot. Hold position for 15 seconds with eyes open.
- Repeat standing exercise with opposite foot forward.
- Increase the hold by 5 seconds (as stability improves) to a maximum of 30 seconds.

**Safety Guidelines:**
- Position near wall for safety.
- L1 participants should perform while holding onto assistive device
- L2 participants may hold on to chair for added stability.
- **DO NOT PROGRESS** to more challenging position until lower challenge position is mastered successfully.

**Reinforcing Verbal Cues:**
- Stand tall and imagine that the top of the head is being pulled toward the ceiling by a string.
- Keep the eyes directed forward and focused on a vertical target at eye level.

**Split Stance**
- Shift weight forward through the hips as you bring the foot forward.

**Challenge Levels (for participants not in need of assistive device):**
- Hand on chair = Easiest
- Arms at the side = More Difficult
- Arms crossed over chest = Most Difficult

1. **Feet together**
   (Heels and toes together.)

2. **Split Stance**
   (Front heel even with toes of rear foot.)

**Recommended Room Set-up:**
- 3 a, 3b, or 4

**Equipment:**
- Chair
Standing with Altered Base of Support (2)

**Functional Benefits:**
- Increases stability when standing in reduced or altered base of support.
- Improves body awareness and control in standing position.

**Instructions for Activity:**
- Stand tall with ears directly above the shoulders and shoulders directly above the hips.
- Start with feet hip-width apart, arms at sides.

3) Semi-Tandem
- Bring one foot directly ahead of the other with space between the heel of the front foot and the toes of the back foot.
- Perform with the opposite foot forward.

4) Tandem
- Bring one foot directly ahead of the other so that the heel of the front foot is touching the toes of the back foot.
- Perform with the opposite foot forward.

Hold each position for 15 seconds. Increase the hold by 5 seconds (as stability improves) to a maximum of 30 seconds.

**Safety Guidelines:**
- Position near wall for safety.
- L1 participants should perform while holding onto assistive device
- L2 participants may hold on to chair for added stability.
- DO NOT PROGRESS to more challenging position until lower challenge position is mastered successfully.

**Recommended Room Set-up:**
- 3a, 3b or 4

**Equipment:**
- Chair

**Reinforcing Verbal Cues:**
- Stand tall and imagine that the top of the head is being pulled toward the ceiling by a string.
- Keep the eyes directed forward and focused on a vertical target at eye level.
- Shift weight forward through the hips as you bring the foot forward.

**Challenge Levels (for participants not in need of assistive device):**
- Hand on chair = Easiest
- Arms at the side = More Difficult
- Arms crossed over chest = Most Difficult

3. Semi-Tandem position
   (Front foot ahead of the rear foot with small space between feet)

4. Tandem
   (Heel of front foot touching toes of back foot)


**Shift Around the Clock**

**Functional Benefits:**
- Improves body awareness and control in standing position.

**Instructions for Activity:**
- Begin standing with feet hip-width apart.
- Shift weight to one direction by sliding hips and shoulders to that direction. Hold for 3 seconds, return to midline.
- Participants lean to various positions on an imaginary clock face.
- First few repetitions go from:
  - 12 to 6 with center stop (forward / backward)
  - 3 to 9 with center stop (side to side)
- For later repetitions progress to:
  - No stop at center
  - Varying directions
    - 12 to 3 ; 6 to 9
    - 1 to 7; 11 to 5

**Repetitions:**
- 3-5 repetitions to each direction.

**Challenge Levels:**
- Change arm position (see exercise #6)

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair

**Safety Guidelines:**
- Position near wall for safety.
- Keep heels and toes on floor.

**Reinforcing Verbal Cues:**
- Imagine there is string connected to the top of your head that is being pulled toward the ceiling.
- Keep you chin and shoulders level.
- Keep your toes and heels on the floor at all times.
- Remember to lean from your ankles and keep your back straight.
- Shift weight to one direction by sliding hips and shoulders to that direction.
- Move the shoulders and hips together.

L1 participants should perform while holding onto assistive device.
Lateral Weight Shifts with Head Turns

Functional Benefits:
- Improves body awareness and control in standing position.

Instructions for Activity:
- Stand with feet hip-width apart.
- Shift weight through hip to one side while turning the head to the same side. Return the head and hips to midline. Perform weight shift and head turn to the opposite side.
- Repeat exercise but turn head to opposite side of weight shift.
- Sequence can be progressed to omit the midline stop, turning the head directly from one side to the other.

Repetitions:
- 5 times for each direction.

Recommended Room Set-up:
- 3a, 3b or 4

Safety Guidelines:
- Slow down or stop the head movements in the event of dizziness.
- Position near wall for safety.

Reinforcing Verbal Cues:
- Maintain tall posture, but keep knees slightly flexed throughout weight shifts.
- Focus your eyes on a new vertical target at eye level each time you turn your head.
- “Slide” the hips as though they were on a tray.
- Keep your shoulders in line with the hips.

L1 participants should perform while holding onto assistive device.
Forward Right & Left Step

Functional Benefits:

- Increases lower body muscle strength.
- Improves agility during stepping and walking.

Instructions for Activity:

- Stand with feet hip-width apart.
- Place spots as depicted in photo.
- Shift weight onto left foot and step forward with right foot, bending the knee as the right foot contacts the floor.
- Shift weight back through the left hip and step backwards with the right foot.
- Move the spot ahead of the left foot. And perform stepping sequence with the left leg stepping forward.

Repetitions:

- Repeat 5 times with each leading leg.

Challenge Levels:

- Change arm position.
- Increase distance of spot.
- Replace forward spot with Dyna Discs® (Level 2 only).

Safety Guidelines:

- Position near wall for safety.

Reinforcing Verbal Cues:

- Stand tall with shoulders level, and chin parallel to floor.
- Shift weight through hip to opposite side BEFORE stepping forward or backward.
- Shift weight forward through the hips as the foot steps forward.
- Shift weight backward through the hips as the foot step back.
- Focus your eyes on a vertical target at eye level.

Recommended Room Set-up:  

- Level 1: 3 a, 3b or 4
- Level 2: 2, 3a, 3b or 4

Equipment:

- Chair
- Spots (optional)
- Dyna Discs® (optional)
Four Corner Stepping

Functional Benefits:
- Increases lower body muscle strength.
- Improves agility during stepping and walking.

Instructions for Activity:
- Stand tall with shoulders level, and chin parallel to floor.
- Focus your eyes on a vertical target at eye level.
- Stand with feet hip-width apart.
- Shift weight to the left, leading with the hip and step forward with right foot, bending the knee as the right foot contacts the floor.
- Shift weight forward onto right foot and step forward with the left foot.
- Shift weight leading with the left hip onto left foot and step backward with right foot.
- Shift weight back through the right hip and step backward with the left foot.
- Perform stepping sequence with the left leg stepping forward first.

Repetitions:
- 5 times with each leading leg

Challenge Levels:
- Level 1 - Move foot to a new spot on external verbal cue from instructor.
- Level 2 only - Dancing with Spots. Move foot to a new spot on beat of the music.

Equipment:
- Chair
- Spots (optional)
- Optional for Level 2 only: Music system with appropriate music, maximum BPM 124.

Reinforcing Verbal Cues:
- Stand tall with shoulders level, and chin parallel to floor.
- Focus your eyes on a vertical target at eye level.
- Shift weight to opposite side BEFORE stepping forward or backward.
- Move your knee over the toes as you step forward with the leading leg.
- Shift weight through the hips in the direction of the weight shift (side, forward, back, side).

Recommended Room Set-up:
- Level 1: 3 a, 3b or 4
- Level 2: 2, 3a, 3b or 4

Safety Guidelines:
- Position near chair or wall for safety
- Step forward only as far as stability permits.
Foot Drawing

Functional Benefits:
• Increases lower body muscle strength.
• Improves agility during stepping and walking.

Instructions for Activity:
• Stand with feet hip-width apart.
• Shift weight to one side (stance leg), leading with the hip. Using the opposite foot, draw the following:
  ✓ Circle
  ✓ Square
  ✓ Triangle
  ✓ Write name
• Perform using the other side as the stance leg.

Repetitions:
• 2 times with each pattern, with each leg

Recommended Room Set-up:
• 3a, 3b, or 4

Equipment:
• Chair

Safety Guidelines:
• Position near chair or wall for safety.

Reinforcing Verbal Cues:
• Stand tall with shoulders level, and chin parallel to floor.
• Focus your eyes on a vertical target at eye level.
• Slide your hips sideways so that your weight is on the supporting leg.
• Be sure to maintain slightly flexed knee on supporting leg.
• Keep your shoulders in line with the hips.
### Ball Rolls

**Functional Benefits:**
- Increases lower body muscle strength.
- Improves weight shift abilities.

**Instructions for Activity:**
- Stand with feet hip-width apart.
- Shift weight to one side (stance leg), leading with the hip. Place the opposite foot on top of the ball.
- Move the ball with the foot in the directions instructed below:
  - ✓ Forward and back
  - ✓ Side to side
  - ✓ Circle clockwise
  - ✓ Circle counter-clockwise
- Perform using the other side as the stance leg.

**Repetitions:**
- 2 times each direction, each leading leg.

**Recommended Room Set-up:**
- 3a, 3b, or 4

**Equipment:**
- Chair
- Small non-weighted exercise ball

**Safety Guidelines:**
- Position near chair or wall for safety.
- Instruct participants to hold onto chair while placing ball for added stability

**Reinforcing Verbal Cues:**
- Stand tall with shoulders level, and chin parallel to floor.
- Focus your eyes on a vertical target at eye level.
- Slide your hips sideways so that your weight moves over the supporting leg.
- Be sure to maintain slightly flexed knee on supporting leg.
- Keep your shoulders in line with the hips.
**Creek Crossing**

**Functional Benefits:**
- Improves ability to increase stride length during walking.
- Increases lower body strength and ability to step over obstacles.
- Improves trunk stability during dynamic activities.

**Instructions for Activity:**
- Begin by standing behind the first line of tape (representing the banks of a creek) at the narrowly spaced end.
- Step across the second line of tape with one leg, followed by the other leg. Turn and return to the starting side, leading with the opposite leg.
- Repeat the stepping activity, moving further down the “creek” with each step.
- Try not to get your feet “wet”.

**Repetitions:**
- 1-2 times down the length of “creek”

**Safety Guidelines:**
- Step only as far as stability permits.

**Recommended Room Set-up:**
- 9

**Equipment:**
- Masking tape (color should provide sharp contrast to floor)

**Reinforcing Verbal Cues:**
- Stand tall with shoulders level, and chin parallel to floor.
- Focus your eyes on a vertical target at eye level.
- Keep the shoulders and hips facing forward as you step across the “creek”.
- Lead with the hips, not the nose.
- Slightly flex the knees on each landing.
Fancy Footwork

The activities presented in this section are designed to improve overall coordination and agility through activities that require walking at different speeds using a variety of gait patterns.

(Rose, 2005, p. 224)
Walk with Directional Changes & Abrupt Stops

Functional Benefits:

- Improves ability to turn while moving (turning at a street corner, at the end of the market aisle, or maneuvering through crowds).

Instructions for Activity:

Stop and Go

- Participants will walk across or around the room making abrupt stops and starts on instructor’s command (i.e., “Red Light, Green Light”).

Directional Changes

- While walking, participants will change direction on instructor’s command. Ask participants to make:
  - ¼ Turns
  - ½ Turns
  - Full Turns

Repetitions:

- 2 times across room for each type of turn

Recommended Room Set-up:

- 7 (waves)

Equipment:

- None

Safety Guidelines:

- Position near wall for safety
- Check and modify for dizziness

Reinforcing Verbal Cues:

- (Before beginning the activity)
  Find a new vertical target with each turn.

- Walk tall with your head erect and your ears directly above your shoulders.

- Focus your eyes on a target directly in front of you and walk directly toward it.

- Widen your base of support when you stop quickly.

L1 participants should perform while holding onto assistive device.

L1 participants should perform while holding onto assistive device.

Center for Successful Aging and the Fall Prevention Center of Excellence, 2009
Walk with Altered Base of Support

Functional Benefits:
- Helps develop a more flexible gait pattern.
- Improves stability during dynamic activities.

Instructions for Activity:
Have participants walk across the room using a:
- Narrow step
- Wide step
- Combined narrow and wide step
  (8 steps narrow, 8 steps wide). Increase or decrease the number of steps using each gait pattern to match abilities of the participants.
- Step-to walk.
  - Participants take a long step with the right leg and then a short step with the trailing left leg so that the feet are even. Lead with the right leg each time.
  - Repeat with the left leg leading.
- Forward toe walking

Repetitions:
- Once /twice length of room for each step pattern

Recommended Room Set-up:
- 7

Equipment:
- None

Safety Guidelines:
- Position near wall for safety

Reinforcing Verbal Cues:
- Keep your body as tall as possible with your chin parallel to the floor and ears directly above the shoulders.
- Keep your eyes focused forward on a vertical target at eye level.
- Feel the heel make contact with the floor first followed by pressure moving toward the toes as you push off from floor (unless toe walking).
Walk with Head Turns

**Functional Benefits:**
- Improves stability during dynamic activities.
- Improves ability to turn the head while moving, i.e., checking for traffic while crossing street, walking through the market aisle, or turning to talk to someone while walking.

**Instructions for Activity:**
Instructor uses verbal commands for head turns while participants are walking across the room, i.e., “Turn head right, center, left.” Issue commands to pace each activity based on participant abilities.

- **Walking with Head Turns**
  - Right … Center… Left (brief pause at midline)
  - Right… Left (no midline pause)

- **Walking with Vertical Head Movements**
  - Up… Center… Down
  - Up… Down (no center stop)

**Safety Guidelines:**
- Instruct participants to walk at a comfortable pace.
- Increase the number of counts if more supervision is needed.

**Reinforcing Verbal Cues:**
- (Before beginning the activity)
  Find a new vertical target with each head turn.
- Maintain “tall” posture as you walk.
- Keep your eyes focused forward on a vertical target at eye level.

**Recommended Room Set-up:**
- 7

**Equipment:**
- None
Walk Through Cones

**Functional Benefits:**
- Improves ability to turn during dynamic activities (turning at a street corner, at the end of the market aisle, maneuvering through crowds).

**Instructions for Activity:**
- Place the cones across the room so that they form an “S” shape pattern.
- Instruct the participants to walk towards a cone and then turn around the cone to head back in the opposite directions.
- Remind the participants to anticipate reaching the cone and plan ahead to negotiate the cone.
- As the participants complete a turn around a cone, they should focus on a new vertical target.

**Equipment:**
- Cones

**Safety Guidelines:**
- Position near walls for safety

**Reinforcing Verbal Cues:**
- Walk tall with your head erect and your ears directly above your shoulders.
- Focus your eyes on a target in front of you and walk directly toward it.
- Find a new vertical target with each turn.
- Widen your base of support if you stop quickly.
- Anticipate the next cone.

L1 participants should perform while holding onto assistive device.
Obstacle Negotiation with Cones

Functional Benefits:

- Improves ability to turn during dynamic activities (turning at a street corner, at the end of the market aisle, maneuvering through crowds).

Instructions for Activity:

Zig-Zag Course:

- Have participants negotiate a walking course comprised of 8 to 10 cones set at different distances apart.
- Begin with the cones approximately 5 to 10 feet apart and at a 45 degree angle to each other.
- Gradually reduce the distance between the cones so that the turning radius is reduced. Encourage participants to look forward to the next cone and try and maintain a consistent cadence (speed) and stride length as they move through the course.

Slalom Walking Course:

- Place the cones in a straight line approximately 5 feet apart and have each participant move through the course while maintaining the same cadence and stride length.

Equipment:

- Cones

Safety Guidelines:

- Position near wall for safety

Reinforcing Verbal Cues:

- Walk tall with your head erect and your ears directly above your shoulders.
- Focus your eyes on a target in front of you and walk directly toward it.
- Find a new vertical target with each turn.
- Widen your base of support if you stop quickly.
- Anticipate the next cone.

L1 participants should perform while holding onto assistive device.
Variation Course

Functional Benefits:

• Helps develop a more flexible gait pattern.
• Improves stability during dynamic activities.

Instructions for Activity:

• Place cones in each corner of the room. The participant will use a different walking pattern for each length of the room.
• Across the room (place masking tape on the floor)
  – Wide to narrow walk
• Down the room
  – Step-to walk leading with the right leg
• Across the room – Toe walk
• Down the room – Step-to walk leading with the left leg

Recommended Room Set-up:

• Use perimeter of room

Equipment:

• Cones

Safety Guidelines:

• Position near walls for safety

Reinforcing Verbal Cues:

• Walk tall with your head erect and your ears directly above your shoulders.
• Focus your eyes on a target directly in front of you and walk directly toward it.
• Find a new vertical target with each turn.
• Widen your base of support when you stop quickly.

L1 participants should perform while holding onto assistive device.

[Diagram showing walking patterns with cones]

Wide to Narrow
Step-together leading with right leg
Step-together leading with left leg
Toe Walking

Cones
**Mambo Steps**

*Functional Benefits:*
- Increases lower body strength.
- Improves coordination.

*Instructions for Activity:*
Begin with feet hip-width apart.

**Mambo Left:**
1. Bring left foot forward in front of right, shifting weight onto forward leg.
2. Step in place with the right foot, shifting weight onto right leg.
3. Return left foot to starting position.

**Mambo Right:**
1. Bring right foot forward in front of left, shifting weight onto forward leg.
2. Step in place with the left foot, shifting weight onto left leg.
3. Return right foot to starting position.

**Combination Mambo:**
1. One Mambo Right
2. One Mambo Left

*Repetitions:*
- 4 times each Mambo Right and Mambo Left
- 2 times Combination Mambo Step

As practice progresses, hip rotation with forward step can be increased.

L1 participants should perform while holding onto assistive device.
L1 participants will bring leading foot directly forward instead of to midline as illustrated below.

*Recommended Room Set-up:*
- 2, 3a, or 3b

*Equipment:*
- None

*Reinforcing Verbal Cues:*
- Focus your eyes forward on a vertical target at eye level.
- Step forward only as far as stability permits.
- Bend the knee on landing.
- Don’t forget to breathe.
# 22 Side step

**Functional Benefits:**
- Increases strength of hip and thigh muscles.
- Improves agility for lateral stepping activities such as getting to a seat in the theatre, or squeezing through a tight space.
- Improves lateral stability and lowers risk for sideways falls.

**Instructions for Activity:**
- Step sideways in one direction a certain number of steps.
- Repeat to the opposite direction.

Increase or decrease the number of steps to match abilities of the participants.

Level 1 participants will perform single side steps using their assistive device.

**Repetitions:**
- 4-8 times each direction

**Recommended Room Set-up:**
- 7

**Equipment:**
- None

**Safety Guidelines:**
- Position near walls for safety.

**Reinforcing Verbal Cues:**
- Focus your eyes on a vertical target at eye level.
- Keep your hips and shoulders facing forward.

L1 participants should perform while holding onto assistive device.
### Functional Benefits:

- Increases strength of hip and thigh muscles.
- Improves agility for lateral stepping activities such as getting to a seat in the theatre, or squeezing through a tight space.
- Improves lateral stability and lowers risk for sideways falls.

### Instructions for Activity:

#### a) Grapevine / Half-Braid

- Step sideways to the right and move the left foot directly behind the right foot (midline). Repeat 1 time. To end the sequence, step again to the right and tap the left foot next to the right. Repeat in the opposite direction.
- Perform same sequence by moving the trailing foot directly in front (midline) of the leading leg (but not beyond leading leg).

As ability increases, more repeat steps can be added.

#### b) Full Braid

- Alternate one of each, moving the trailing foot in front of, and then behind the leading leg

### Recommended Room Set-up:

- 7

### Safety Guidelines:

- Begin by moving ONLY to midline.
- Discontinue activity if there is discomfort in the hip region.
# 24 Semi-Tandem & Tandem Walk

**Functional Benefits:**
- Increases lateral stability when moving forward.
- Improves ability to walk between narrow spaces.
- Improves body awareness during dynamic activities.

**Instructions for Activity:**
Start with one foot at the beginning end of a masking tape line.

**a) Semi-Tandem ▲**
- Begin walking along the tape line by placing one foot directly ahead of the other with space between the heel of the front foot and the toes of the back foot. Continue walking to end of tape.

**b) Tandem ▲**
- Begin walking along the tape line by placing one foot directly in front of the other so that the heel of the front foot is touching the toes of the back foot. Continue walking to end of tape.

**Safety Guidelines:**
- Position participants near wall for added safety

**Recommended Room Set-up:**
- 7

**Equipment:**
- Masking tape (optional)
- Chairs, if needed for stability

**Reinforcing Verbal Cues:**
- Focus your eyes forward on a vertical target at eye level.
- Keep shoulders and hips level.
- Make sure the hips move forward with each step.
# 25 Figure 8 Walk

**Functional Benefit:**

- Improves ability to turn during dynamic activities (turning at a street corner, at the end of the market aisle, or maneuvering through crowds).

**Instructions for Activity:**

- Walk at a comfortable speed in a direction that creates the shape of the number 8.

**Repetitions:**

- 2 times in each direction.

**Recommended Room Set-up:**

- 11

**Equipment:**

- Small plastic traffic cones

**Safety Guidelines:**

- Walk close to a wall if support is needed.
- Stop activity if participant becomes dizzy.

**Reinforcing Verbal Cues:**

- Keep your body tall with shoulders level, and chin parallel to floor.
- Focus your eyes forward on a vertical target at eye level as you complete the Figure 8.
- Try to walk smoothly and continuously.
# 26 Spiral Walk

*Functional Benefit:*

- Improves ability to turn while moving, i.e., turning at a street corner, at the end of the market aisle, or maneuvering through crowds.

*Instructions for Activity:*

- Create a gradually decreasing spiral pattern as you walk in smaller and smaller circles on each revolution.
- Pause in the center, and then walk out in a gradually increasing spiral pattern to return to the starting point.
- Perform in the opposite direction.

*Repetitions:*

- 2 times in each direction.

*Recommended Room Set-up:*

- 11

*Equipment:*

- None

*Safety Guidelines:*

- Allow ample space between participants.
- Decrease size of circles as stability permits. Start with wide spiral pattern (more steps) and progress to tighter spiral (fewer steps) after practice.
- Stop activity if participant becomes dizzy.

*Reinforcing Verbal Cues:*

- Keep your body tall with shoulders level, and chin parallel to floor.
- Focus your eyes on a new vertical target at eye level during each revolution of the spiral.
Fine Tuning the Senses

The activities presented in this section are designed to optimize the use of each of the three sensory systems that contribute to balance (visual, somatosensory, and vestibular systems).

(Rose, 2005, p. 219)
**Multisensory Training: Visual**
(Seated Trunk Movements)

**Functional Benefits:**
- Improves ability to maintain balance by using visual inputs more effectively.

**Instructions for Activity:**
- Sit tall on chair with or without armrests with a Dyna-Disc™ or pillow on the seat. Position feet hip-width apart.
- **Place foam pad under feet of each participant.**
- If using a ball, hold ball with two hands.
- Perform trunk movements as instructed below.
  - Lateral Rotations. (With ball, extend arms to each side of rotation.)
  - Forward & Backward Leans. (With ball, extend arms forward.)
  - Diagonal Forward & Backward Leans. (With ball, extend arms so ball is over the knee in the direction of lean.)

**Repetitions:**
- 3 repetitions each direction with center stop
- 3 repetitions each direction with no center stop

**Recommended Room Set-up:**
- 1a or 1b

**Equipment:**
- Chair with or without armrests
- Dyna-Disc™ or pillow
- Small exercise ball (optional)
- Airex™ or foam pad

**Safety Guidelines:**
- Advise participants to sit down carefully onto the Dyna-Disc™
- Instruct participants to hold on to chair while instructor places foam under feet.
- Feet on compliant surface.
- Eyes open.

**Reinforcing Verbal Cues:**
- Sit tall with the feet flat on the floor.
- Perform exercise slowly, through as complete a range of motion as possible while maintaining balance.
- Maintain an extended upper body position throughout activity.
- **Keep eyes directed forward on a vertical target at eye level.**
- **Select a new vertical target when changing direction of rotation and diagonal lean.**
**Multisensory Training: Somatosensory**
(Seated Trunk Movements)

**Functional Benefits:**
- Improves ability to maintain balance by using somatosensory inputs more effectively.
- Increases stability in environments of reduced or absent lighting (darkened room, movie theater, getting up at night).

**Instructions for Activity:**
- Sit tall on chair with or without armrests with feet hip-width apart.
- **Change vision by wearing sunglasses or closing eyes.**
  (Open eyes before progressing to the next sequence.)
- If using a ball, hold ball with two hands.
- Perform trunk movements as instructed below.
  - Lateral Rotations. (With ball, extend arms to each side of rotation.)
  - Forward & Backward Leans. (With ball, extend arms forward.)
  - Diagonal Forward & Backward Leans. (With ball, extend arms so ball is over the knee in the direction of lean.)

**Repetitions:**
- 3 repetitions each direction with center stop
- 3 repetitions each direction with no center stop

**Recommended Room Set-up:**
- 1a or 1b

**Equipment:**
- Chair with or without armrests
- Small exercise ball (optional)
- Sunglasses

**Reinforcing Verbal Cues:**
- Sit tall with the feet flat on the floor.
- Perform exercise slowly, through as complete a range of motion as possible while maintaining balance.
- Maintain an extended upper body position throughout activity.

**Rotation:**
- Feel the pressure increase under the foot on the side opposite to the trunk rotation.
- Feel the tension increase in the leg on the side opposite to the rotation.

**Forward and Backward Lean**
- Feel the pressure increase under the front of both feet as you lean forward.
- Feel the pressure move to the heels as you lean backward.
- Feel the tension change in your thighs as you lean forward and then backward.

**Diagonal Forward and Backward Lean**
- Feel the pressure increase under the foot and in the leg of the side to which you lean.
- Feel the pressure move to the heel as you lean backward.
- Feel the tension in your thigh increase as you move the trunk forward over the leg, and decrease as you move the trunk backward.
Multisensory Training: Vestibular
(Seated Trunk Movements)

Functional Benefits:
- Improves ability to maintain balance by using vestibular inputs more effectively.
- Increases stability in environments of reduced or absent lighting, and soft flooring (carpet, lawn, sand).

Instructions for Activity:
- Sit tall on chair with or without armrests with a Dyna-Disc™ or pillow on seat.
- Position feet hip-width apart.
- **Place foam pad under feet**
- Change vision by wearing sunglasses or closing eyes. (Open eyes before progressing to the next sequence.)
- If using a ball, hold ball with two hands.
- Perform trunk movements as instructed below.
  - Lateral Rotations. (With ball, extend arms to each side of rotation.)
  - Forward & Backward Leans. (With ball, extend arms forward.)
  - Diagonal Forward & Backward Leans. (With ball, extend arms so ball is over the knee in the direction of lean.)

Repetitions:
- 3 repetitions each direction with center stop
- 3 repetitions each direction with no center stop

Equipment:
- Chair with or without armrests
- Dyna-Disc™ or pillow
- Small exercise ball (optional)
- Airex™ or foam pad
- Sunglasses

Recommended Room Set-up:
- 1a or 1b

Reinforcing Verbal Cues:
- Sit tall with the feet flat on the floor.
- Perform exercise slowly, through as complete a range of motion as possible while maintaining balance.
- Maintain an extended upper body position throughout activity.

Safety Guidelines:
- Advise participants to sit down slowly on Dyna-Disc™
- Instruct participants to hold to chair while instructor places foam under feet.
- Participants must open eyes if dizzy, or if experiencing extreme instability.
Multisensory Training: Somatosensory
(Pass the Potato)

**Functional Benefits:**
- Improves ability to maintain balance by using somatosensory inputs more effectively.
- Increases stability in environments of reduced or absent lighting (darkened room, movie theater, getting up at night).
- Increases stability in busy visual environments.

**Instructions for Activity:**
- Sit tall on chair with or without armrests with feet hip-width apart.
- Using both hands, pass the ball or balloon to next person. Use both hands to receive object. Perform the following in both a clockwise and counter-clockwise direction:
  - Waist level pass
  - High pass
  - Low pass

**Challenge Level**
- Increase the pacing (Hot Potato)

**Repetitions:**
- 4 times in each direction for each passing method.

**Recommended Room Set-up:**
- 6c

**Equipment:**
- Chair
- Small ball or balloon

**Reinforcing Verbal Cues:**
- Sit tall on your chair or ball.
- Keep your feet apart and flat on the floor.
- Turn from the waist to pass the ball.

**Safety Guidelines:**
- Participants must keep both feet on the floor.
- Provide assistance to anyone with limited range of motion.
Multisensory Training: Somatosensory  
(Shift Around the Clock)

**Functional Benefits:**
- Improves ability to maintain balance by using somatosensory inputs more effectively.
- Increases stability in environments of reduced or absent lighting (darkened room, movie theater, getting up at night).

**Instructions for Activity:**
- Begin standing with feet hip-width apart.
- **Change vision by wearing sunglasses or closing eyes.**
  - Shift weight to one direction by sliding hips and shoulders to that direction. Hold for 3 seconds, return to midline.
  - Participants lean to various positions on an imaginary clock face (See exercise #8).

**Repetitions:**
- 3 repetitions to each direction with midline stop.
- 3 repetitions to each direction with no midline stop.

**Challenge Levels:**
- Change arm position (see exercise #6).

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair

**Safety Guidelines:**
- Position near wall for safety.
- Keep heels and toes on floor.

---

**Reinforcing Verbal Cues:**
- Imagine there is a string connected to the top of your head that is being pulled toward the ceiling.
- Can you feel more pressure under the front of the feet as you shift forward?
- Can you feel the pressure move to the heels as you shift backward?
- Does the pressure increase under your right foot as you shift to the right?
- Does the pressure increase under your left foot as you shift to the left?

**When you return to the center:**
- Can you feel your weight evenly distributed across both feet?
- Can you sense that your shoulders, hips and ankles are aligned?

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L1 is performed in one-to-one setting only.
- Feet on firm surface.
- Vision reduced, or removed.
**Multisensory Training: Visual**
(Shift Around the Clock)

**Functional Benefits:**
- Improves ability to maintain balance by using visual inputs more effectively.
- Increases stability when standing on soft surfaces (lawn, sand, thick carpet).

**Instructions for Activity:**
- Stand on foam pad with feet hip-width apart.
- Keep eyes open.
- Shift weight to one direction by sliding hips and shoulders to that direction. Hold for 3 seconds, return to midline.
- Participants lean to various positions on an imaginary clock face (See exercise #8).

**Repetitions:**
- 3-5 repetitions to each direction.

**Challenge Levels:**
- Change arm position (see exercise #8).

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair

**Safety Guidelines:**
- Position near wall for safety.
- Instruct participant to hold onto chair while stepping up onto the foam pad.
- L1 participants should perform while holding onto chair or assistive device in one-to-one setting.

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**Reinforcing Verbal Cues:**
- Imagine there is string connected to the top of your head that is being pulled toward the ceiling.
- Keep your eyes directed forward at a vertical target that is eye-level.

---

L1 is performed in one-to-one setting only.
Multisensory Training: Visual
(Standing with Altered Base of Support - 1)

Functional Benefits:
- Improves ability to maintain balance by using visual inputs more effectively.
- Increases stability when standing on soft surfaces (lawn, sand, thick carpet).

Instructions for Activity:
Stand on foam pad with feet hip-width apart.
1) Feet Together
   - Move feet together so that the heels and toes are touching if possible. Hold position for 15 seconds with eyes open.
2) Split Stance
   - Bring left foot directly forward so that the left heel is even with the toes of the right foot.
   - Shift weight in forward direction until hips are halfway between the heel of the front foot and the toes of the rear foot. Hold position for 15 seconds with eyes open.
   - Repeat standing exercise with opposite foot forward.
   - Increase the hold by 5 seconds (as stability improves) to a maximum of 30 seconds.

As stability improves, increase the challenge level of the arm position (see exercise #6)

Recommended Room Set-up:
- 3 a, 3b or 4

Equipment:
- Chair
- Airex™ or foam pad

L1 is performed in one-to-one setting only.

- Feet on compliant surface.
- Eyes open.

1. Feet together
2. Split Stance

Reinforcing Verbal Cues:
- Stand tall with ears, shoulders and hips aligned.
- Keep your eyes on a vertical target directly in front of you at eye level.
- For split stance: Shift weight forward through the hips as you bring the foot forward.

Safety Guidelines:
- Position near wall for safety.
- Place chair next to participant.
- Instruct participant to hold onto chair while stepping up onto the foam pad.
- L1 is more appropriate for one-to-one settings
- DO NOT PROGRESS to more challenging position until lower challenge position is mastered successfully.
Multisensory Training: Visual
(Standing with Altered Base of Support - 2)

Functional Benefits:
- Improves ability to maintain balance by using visual inputs more effectively.
- Increases stability when standing on soft surfaces (lawn, sand, thick carpet).

Instructions for Activity:
Stand on foam pad with feet hip-width apart.

3) Semi-Tandem
- Bring one foot directly ahead of the other with space between the heel of the front foot and the toes of the back foot.
- Perform with the opposite foot forward.

4) Tandem
- Bring one foot directly ahead of the other so that the heel of the front foot is touching the toes of the back foot.
- Perform with the opposite foot forward.

As stability improves, increase the challenge level of the arm position (see exercise #6)

Safety Guidelines:
- Position near wall for safety.
- Place chair next to participant.
- Instruct participant to hold onto chair while stepping up onto the foam pad.
- **DO NOT PROGRESS** to more challenging position until lower challenge position is mastered successfully.

L1 is performed in one-to-one setting only.

- Feet on compliant surface.
- Eyes open.

3. Semi-Tandem
4. Tandem

Reinforcing Verbal Cues:
- Stand tall with ears, shoulders and hips aligned.
- Keep your eyes on a vertical target directly in front of you at eye level.
- Shift weight forward through the hips as you bring the foot forward.

Recommended Room Set-up:
- 3a, 3b or 4

Equipment:
- Chair
- Airex™ or foam pad
**Multisensory Training: Somatosensory**

(Standing with Altered Base of Support - 1)

**Functional Benefits:**
- Improves ability to maintain balance by using somatosensory inputs more effectively.

**Instructions for Activity:**

Stand with feet hip-width apart.

**Change vision by wearing sunglasses or closing eyes.** (Open eyes before progressing to the next sequence.)

1) Feet Together
   - Move feet together so that the heels and toes are touching if possible. Hold position for 15 seconds with eyes open.

2) Split Stance
   - Bring left foot directly forward so that the left heel is even with the toes of the right foot.
   - Shift weight in forward direction until hips are halfway between the heel of the front foot and the toes of the rear foot. Hold position for 15 seconds with eyes open.
   - Repeat standing exercise with opposite foot forward.
   - Increase the hold by 5 seconds (as stability improves) to a maximum of 30 seconds.

As stability improves, increase the challenge level of the arm position (see exercise #6)

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair
- Sunglasses

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1. **Feet together**
2. **Split Stance**

**L1 is performed in one-to-one setting only.**

**Reinforcing Verbal Cues:**
- Stand tall with ears, shoulders and hips aligned.

**Feet Together**
- Feel your weight evenly distributed across both feet.

**Split Stance**
- Shift weight forward through the hips as you bring the foot forward.
- Can you feel pressure from the floor evenly under the front and the back foot?
- Can you feel equal tension in the front leg and the back leg?

**Safety Guidelines:**
- Position near wall for safety.
- Place chair next to participant.
- **DO NOT PROGRESS** to more challenging position until lower challenge position is mastered successfully.
Multisensory Training: Somatosensory
(Standing with Altered Base of Support - 2)

**Functional Benefits:**
- Improves ability to maintain balance by using somatosensory inputs more effectively.

**Instructions for Activity:**
Stand with feet hip-width apart.

**Change vision by wearing sunglasses or closing eyes.**
(Open eyes before progressing to the next sequence.)

3) Semi-Tandem
- Bring one foot directly ahead of the other with space between the heel of the front foot and the toes of the back foot.
- Perform with the opposite foot forward.

4) Tandem
- Bring one foot directly ahead of the other so that the heel of the front foot is touching the toes of the back foot.
- Perform with the opposite foot forward.

As stability improves, increase the challenge level of the arm position (see exercise #6)

**Safety Guidelines:**
- Position near wall for safety.
- Place chair next to participant.
- DO NOT PROGRESS to more challenging position until lower challenge position is mastered successfully.

---

L1 is performed in one-to-one setting only.

3. **Semi-Tandem**

4. **Tandem**

**Reinforcing Verbal Cues:**
- Stand tall with ears, shoulders and hips aligned.
- Shift weight forward through the hips as you bring the foot forward.
- Can you feel pressure from the floor evenly under the front and the back foot?
- Can you feel equal tension in the front leg and the back leg?

**Tandem**
- Can you feel the heel of the front foot in contact with the toes of the back foot?

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair
- Sunglasses
Multisensory Training: Vestibular
(Standing with Altered Base of Support - 1)

**Functional Benefits:**
- Improves ability to maintain balance by using vestibular inputs more effectively.

**Instructions for Activity:**
- **Stand on foam pad with feet hip-width apart.**
- **Change vision by wearing sunglasses or closing eyes.**
  (Open eyes before progressing to the next sequence.)

1) Feet Together
   - Move feet together so that the heels and toes are touching if possible. Hold position for 15 seconds with eyes open.

2) Split Stance
   - Bring left foot directly forward so that the left heel is even with the toes of the right foot.
   - Shift weight in forward direction until hips are halfway between the heel of the front foot and the toes of the rear foot. Hold position for 15 seconds with eyes open.
   - Repeat standing exercise with opposite foot forward.
   - Increase the hold by 5 seconds (as stability improves) to a maximum of 30 seconds.

As stability improves, increase the challenge level of the arm position (see exercise #6)

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair
- Airex™ or foam pad
- Sunglasses

L1 is performed in one-to-one setting only.
- Feet on compliant surface.
- Vision reduced, or removed.

**Reinforcing Verbal Cues:**
- Stand tall with ears, shoulders and hips aligned.
- For split stance: Shift weight forward through the hips as you bring the foot forward.

**Safety Guidelines:**
- Position near wall for safety.
- Place chair next to participant.
- Instruct participant to hold onto chair while stepping up onto the foam pad.
- **DO NOT PROGRESS** to more challenging position until lower challenge position is mastered successfully.
Multisensory Training: Vestibular
(Standing with Altered Base of Support - 2)

**Functional Benefits:**
- Improves ability to maintain balance by using vestibular inputs more effectively.

**Instructions for Activity:**
- Stand on foam pad with feet hip-width apart.
- Change vision by wearing sunglasses or closing eyes. (Open eyes before progressing to the next sequence.)

3) Semi-Tandem
- Bring one foot directly ahead of the other with space between the heel of the front foot and the toes of the back foot.
- Perform with the opposite foot forward.

4) Tandem
- Bring one foot directly ahead of the other so that the heel of the front foot is touching the toes of the back foot.
- Perform with the opposite foot forward.

As stability improves, increase the challenge level of the arm position (see exercise #6)

**Recommended Room Set-up:**
- 3 a, 3b or 4

**Equipment:**
- Chair
- Airex™ or foam pad
- Sunglasses

**Safety Guidelines:**
- Position near wall for safety.
- Place chair next to participant.
- Instruct participant to hold onto chair while stepping up onto the foam pad.
- **DO NOT PROGRESS** to more challenging position until lower challenge position is mastered successfully.

L1 is performed in one-to-one setting only.

- Feet on compliant surface.
- Vision reduced, or removed.

3. Semi-Tandem
4. Tandem

**Reinforcing Verbal Cues:**
- Stand tall with ears, shoulders and hips aligned.
- Shift weight forward through the hips as you bring the foot forward.
Multisensory Training: Somatosensory & Vestibular
(Balloon Volleyball)

Functional Benefits:

Somatosensory
Activity performed on firm surface.
- Improves stability when vision is needed for another task (reading, walking, crossing street).

Vestibular
Activity performed with feet on foam pads.
- Improves stability when eyes are needed for another task while standing on soft or uneven surfaces.

Instructions for Activity:
- Begin by forming a small circle (3-5 people per group).
- Keep the balloon aloft by gently tapping to each other.
- 1 – 2 participants stand on foam if appropriate for abilities of the group.

Safety Guidelines:
- Reach only as far as stability permits to safety to tap the balloon.
- Alternate participants who stand on foam. Foam can be rotated throughout the activity.

Recommended Room Set-up:
- 6b (standing)
- 6c (seated)

Equipment:
- Airex® or foam pads
- Non-slip material to prevent foam slipping on floor
- Balloons

Reinforcing Verbal Cues:
- Balance and safety come first. Reach only within a safe distance.
- If you feel a loss of balance, cease focusing your eyes on the moving balloon and focus on a stationary target at eye level until you regain your balance.
- Do not step off the foam to reach the balloon.

L1 is performed in seated position only, on chairs with armrests.
Multisensory Training: Somatosensory
(Forward Right & Left Step)

Functional Benefits:
• Improves ability to maintain balance by using somatosensory inputs more effectively.
• Increases stability in environments of reduced or absent lighting (darkened room, movie theater, getting up at night).

Instructions for Activity:
• Stand with feet hip-width apart.
• Change vision by wearing sunglasses or closing eyes. (Open eyes before progressing to the next sequence.)
• Shift weight onto left foot and step forward with right foot, bending the knee as the right foot contacts the floor.
• Shift weight back through the left hip and step backwards with the right foot.
• Perform stepping sequence with the left leg stepping forward.

Repetitions:
• Repeat 5 times with each leading leg.

Challenge Levels:
• Change arm position.
• Increase distance of spot.

Safety Guidelines:
• Position near wall or next to chair for safety.

Recommended Room Set-up:
• 3a, 3b or 4

Equipment:
• Chair

L1 is performed in one-to-one setting only.

• Feet on firm surface.
• Vision reduced, or removed.

Reinforcing Verbal Cues:
• Stand tall with shoulders level, and chin parallel to floor.
• Shift weight to opposite side, leading with the hips, BEFORE stepping forward or backward.
  ✔ Can you feel your hips and shoulders sliding together over to your stance leg?
• Shift weight forward through the hips as the foot move forward.
  ✔ Can you sense that the knee moves over the toes in the forward step.
• Shift weight through the hips as the foot moves backward.
• When you return to the starting position, can you feel pressure from the floor evenly under both feet?
Multisensory Training: Somatosensory
(Walk with Altered Base of Support)

Functional Benefits:
• Improves ability to maintain balance by using somatosensory inputs more effectively.
• Increases stability when moving through environments of reduced or absent lighting, i.e., darkened room, movie theater, getting up at night.

Instructions for Activity:
Change vision by wearing sunglasses or closing eyes. (Open eyes at completion of each walk.)

Have participants walk across the room using a:
• Narrow step
• Wide step
• Combined narrow and wide step
  - (8 steps narrow, 8 steps wide). Increase or decrease the number of steps using each gait pattern to match abilities of the participants.
• Step-to walk.
  - Participants take a long step with the right leg and then a short step with the trailing left leg so that the feet are even. Lead with the right leg each time.
  - Repeat with the left leg leading.
• Forward toe walking

Repetitions:
• Once /twice length of room for each step pattern

Recommended Room Set-up:
• 7

Equipment:
• None

Safety Guidelines:
• Position near wall for safety

Reinforcing Verbal Cues:
• Can you sense that your body is as tall as possible with your chin parallel to the floor and ears directly above the shoulders?
• Can you feel the heel make contact with the floor first followed by pressure moving toward the toes as you push off from floor? (Toe walking excluded.)

L1 is performed in one-to-one setting only.

• Feet on firm surface.
• Vision reduced, or removed.
Multisensory Training: Visual
(Walk with Altered Base of Support)

Functional Benefits:
• Improves ability to maintain balance by using visual inputs more effectively.
• Increases stability when standing on soft surfaces, i.e., lawn, sand, thick carpet

Instructions for Activity:
Have participants walk across an exercise mat, or other compliant surface, using a:
• Narrow step
• Wide step
• Combined narrow and wide step  
  - (8 steps narrow, 8 steps wide). Increase or decrease the number of steps using each gait pattern to match abilities of the participants.
• Step-to walk.  
  - Participants take a long step with the right leg and then a short step with the trailing left leg so that the feet are even. Lead with the right leg each time.  
  - Repeat with the left leg leading.
• Forward toe walking

Repetitions:
• Once /twice length of compliant surface for each step pattern

Recommended Room Set-up:
• 7

Equipment:
• Exercise mats (wide) or eggcrate foam

Safety Guidelines:
• Position near wall for safety

Reinforcing Verbal Cues:
• Keep your body is as tall as possible with your chin parallel to the floor and ears in line with the shoulders.
• Keep your eyes directed ahead at a vertical target that is eye level.

• Feet on compliant surface.
• Eyes open.
Multisensory Training: Vestibular
(Walk with Altered Base of Support)

Functional Benefits:
- Improves ability to maintain balance by using vestibular inputs more effectively.
- Increases stability in environments of reduced or absent lighting, and soft flooring (carpet, lawn, sand).

Instructions for Activity:
Change vision by wearing sunglasses or closing eyes. (Open eyes at completion of each walk.)

Participants walk across an exercise mat, or other compliant surface, using a:
- Narrow step
- Wide step
- Combined narrow and wide step
  - (8 steps narrow, 8 steps wide).
  - Increase or decrease the number of steps using each gait pattern to match abilities of the participants.
- Step-to walk.
  - Participants take a long step with the right leg and then a short step with the trailing left leg so that the feet are even. Lead with the right leg each time.
  - Repeat with the left leg leading.
- Forward toe walking

Repetitions:
- Once /twice length of compliant surface for each step pattern

Recommended Room Set-up:
- 7

Equipment:
- Exercise mats (wide) or eggcrate foam

Reinforcing Verbal Cues:
- Keep your body is as tall as possible with your chin parallel to the floor and ears in line with the shoulders.

Safety Guidelines:
- Position near wall for safety
- Eyes are open when stepping up onto and off of the compliant surface.
Multisensory Training: Somatosensory (Walk with Altered Vision)

Ball Tossing, Reading, Wearing Sunglasses, Eyes Closed

Functional Benefits:

- Improves stability when moving in visually distracting, dark or dimly lit environments.

Instructions for Activity:

Divide the class into two groups positioned at opposite ends of the room (refer to Set-Up #7). Participants engage in the following activities as they cross the room.

1. Tossing Ball – Each participant tosses a ball from hand-to-hand, or two participants toss ball to each other while walking.
2. Reading – participants read aloud
3. Wearing Sunglasses or Walking with Eyes Closed

Safety Guidelines:

- Instruct participants to walk at a comfortable pace.
- Advise participants to stop if a dropped ball rolls into their path.
- Adopt a close “spotting” position behind certain participants, if needed, during the eyes closed activities.
- Reduce the number of participants in each line if more supervision is needed.

Recommended Room Set-up:

- 7

Equipment:

- Non-weighted ball (4” – 6” in diameter)
- Sunglasses
- Large print reading material (jokes, poems, etc.)

Reinforcing Verbal Cues:

- Maintain “tall” posture as you walk.
- When reading, keep chin level.
- When walking with eyes closed:
  - Feel the floor with each step as you walk
  - Feel the heel contacting the floor first, and then the toes.
Functional Frolics

These activities are designed to reinforce the skills learned in the Balance Basics, Fine Tuning the Senses, and Fancy Footwork sections.
Circle Soccer

**Instructions for Activity:**
Level 1 is performed seated.
Level 2 is performed standing.
- Begin by forming a small circle (3-5 people per group).
- One person gently kicks the ball to another in the circle.
- The recipient stops (traps) the ball first with one foot, then kicks the ball with the instep of the other foot to the next recipient.

**Safety Guidelines:**
- Position chairs next to each person if needed.
- Maintain a safe pace.
- Be sure each person stops the ball before attempting to kick it.

**Recommended Room Set-up:**
- 6a (standing)
- 6c (seated)

**Equipment:**
- Non-weighted ball approximately 6” in diameter
- Chairs

**Programming:**
This activity is best combined with exercises:
3, 4, 6, 7, 10, 12, 13

**Reinforcing Verbal Cues:**
- Hold onto the chair next to you if you need added stability when kicking the ball.
- Remember to stop the ball before kicking it.
Give and Take Walk

Instructions for Activity:

- Instructor places objects on each chair of one row. Use objects of different heights and weights (plastic cup, hand towel, quarter, small book, brush, etc.)
- Participant will:
  - Walk between 2 rows of chairs
  - Retrieve an object from the chair on one side.
  - Walk to next chair on the opposite side and place object on chair.
  - Continue until last chair is reached

Equipment:

- Chairs
- Bean bags or other pick-up objects (on each chair of one row)

Safety Guidelines:

- Arrange adequate space between chairs and between rows.
- Check for dizziness from turning and bending.

Programming:

This activity is best combined with exercises:

15, 17, 18, 19,

Reinforcing Verbal Cues:

- Walk tall with your head erect and your ears in line with your shoulders.
- Focus your eyes on a target directly in front of you and walk directly toward it.
- Widen your base of support when you stop to pick up or set down object.
Musical Spots

Instructions for Activity:

• Ask participants to walk around the room while trying to avoid stepping on the colored spots while the music is playing.

• When the music stops, ask participants to find the nearest spot and stand on it.

• If possible participants can stand with feet together on the spots. Participants should focus their eyes forward on a vertical target when standing with feet together on a spot.

• Spacing between spots should allow for smooth and safe paths for participants to walk. There should be a few spots placed near the walls and/or chairs and the less stable participants should be encouraged to walk to these spots when the music stops.

Equipment:

• Spots

Safety Guidelines:

• Set up a few spots near a wall and/or chair.

• Remind participants that there is a “no touching rule” and they should not bump other participants to get to a spot.

• Remind participants that their balance and safety are their number 1 priority.

• Encourage participants to widen their base of support as they stop to stand on the spot.

Programming:

This activity is best combined with exercises:
11, 12, 15, 17, 25

Reinforcing Verbal Cues:

• Walk tall with your head erect and your ears in line with your shoulders.

• Focus your eyes on a target directly in front of you and walk directly toward it.
Fast Feet

Functional Benefits:

- This activity is designed to improve the participant’s central processing speed as well as movement speed. Having participants perform longer movement sequences also stimulates memory.

Instructions for Activity:

The goal of this activity is to move the foot to the designated spot and back to the starting position as quickly as possible.

- Position three colored spots in a semi-circle in front of and at a comfortable distance from the participants
  - (Level 1 participants are seated on a chair)
  - (Level 2 participants are standing)
- Place one spot directly in front of the right foot, one in front of the left foot and one midway between the two spots.
- When the instructor calls “Right”, the participant quickly moves the right foot forward to contact the right spot and then immediately returns the foot to its original starting position. When “Left” is called, the left foot is moved forward to contact the left spot, and when “Middle” is called, the participant can choose either foot to contact the middle spot.
- As the activity progresses, the instructor can begin to announce directions in combination (e.g., right, middle, right, left) so that the participant must perform a sequence of movements as quickly as possible.

Programming:

This activity is best combined with exercises:

6, 7, 10, 21

Equipment:

- Chairs
- Spots

Safety Guidelines:

- Be sure to encourage your Level 1 participants to hold onto the seated surface until they feel stable enough to place their hands on their thighs.

Reinforcing Verbal Cues:

- Sit or stand tall with your head erect and your ears in line with your shoulders.
**Line Pass**

**Functional Benefits:**
- Improves ability to reach for objects at various heights and directions.

**Instructions for Activity:**
- Position group into lines of 4-6, all facing the same direction. Arrange each line from shortest to tallest. First person in the line has the ball.
- Stand with feet hip-width apart.
- With both hands, pass the ball to the person behind you.
- The last person then passes the ball forward.
- Passes can be any of the following:
  - Side to side, waist level, high, low or alternating. (Pass the ball on the opposite side from which you receive the ball.)
  - Over the head.
  - Between the legs

*Once introduced, this activity can be performed on foam pads to increase the challenge (for appropriate individuals).*

**Recommended Room Set-up:**
- 12

**Equipment:**
- Non-weighted and weighted balls
- Foam pads and non-slip material

**Safety Guidelines:**
- Position participants close enough to each other in the line so that passing can be performed safely.
- Some individuals may need to modify the passing method due to limited shoulder mobility, neck or back problems.
- Review standing balance test to determine which participants should stand on foam surface.

**Standing on Firm Surface**

**Standing on Foam**

**Reinforcing Verbal Cues:**
- Stand with feet apart.
- Remember to use two hands.
- When passing the ball to the side, shift your weight onto the leg opposite the side to which you are passing the ball.
- When passing the ball between the legs, bend the knees and keep head level to maintain balance.

**Programming:**
- This activity is best combined with exercises: 6, 17, 8, 9, 33
**Parachute**

*Functional Benefits:*

- Increases agility and upper and lower body strength.

*Instructions for Activity:*

**Level 1 Seated Only**

- Waves: Participants hold onto parachute with both hands, facing the center. Lift and lower the parachute to different heights.
- Popcorn: Place balloons, balls or bean bags in center of parachute and make waves to toss the “popcorn.” The goal is to “toss popcorn” up but not off the parachute.
- Bounce Around: The group works together to move a bean bag across each panel of the parachute.

**Level 2 Standing**

- Waves
- Popcorn
- Bounce Around
- Bounce Off: Divide group into two teams, Red Team on one side of parachute and Blue Team on the other, and place both a red and blue ball on the parachute. Each team tries to bounce their ball off the parachute.
- Gait variations (tip toe, wide walk, long steps, marches)
- Squats: Group squats down, then stands and lifts the parachute on count of 3.
- Change places: participants holding a specific color panel walk underneath the lifted parachute to the other side.

*Programming:*

This activity is best combined with exercises:

16, 17, 22, 41

*Safety Guidelines:*

- Remind participants that safety always comes first.
- Provide options for those with limited shoulder mobility.

*Recommended Room Set-up:*

- 6b (standing)
- 6c (seated)

*Equipment:*

- Parachute
- Bean bags
- Balls or balloons
Parachute Push Pull

**Functional Benefits:**

- Increases agility and upper and lower body strength.

**Instructions for Activity:**

**Level 1** performs the activity **seated.**

**Level 2** performs the activity **standing.**

- Divide group into two teams, the YES team on one side, the NO team on the other.
- The YES team shouts “yes” as they pull the parachute toward them. The NO team responds by shouting “no” and pulls the parachute toward them.
- Each team becomes louder as the tugs become stronger.

**Safety Guidelines:**

- Remind participants that safety always comes first.
- Monitor the strength of the tugs so that the game does not become too forceful.
- Instruct participants to move feet if needed to maintain stability.

**Recommended Room Set-up:**

- 6b (standing)
- 6c (seated)

**Programming:**

- This activity is best combined with exercises: 6, 7, 8, 9, 35, 36

**Equipment:**

- Parachute

**Reinforcing Verbal Cues:**

- Safety always comes first.
- Stand with your feet shoulder-width apart (or wider for more stability).
- Take a step(s) if necessary to maintain balance.
- Remember to move through your hips as you shift your weight forward or backward.
Creek Walk

Functional Benefits:

- Improves ability to move efficiently and confidently through space.
- Improves ability to adjust to changes and obstacles in the environment (curbs, steps, moving from sidewalk to lawn, sand, or gravel).

Instructions for Activity:

- Begin at one end of the "creek bed" and step from "rock" to "rock" (spots).
- Spacing between spots can be increased or decreased to make the activity more or less challenging.
- Participants may also step onto the "bank" if necessary (outside the tape).

Challenge Levels:

- Stop to pick up objects on the "creek bed" between the rocks.
- To increase the level of difficulty, stability of "rocks" can be altered by substituting "Dyna Discs®" for spots, if available.

Safety Guidelines:

- All participants must have previous experience (from earlier classes) standing on each of the surfaces or obstacles in the course.
- Limit each group to 8 people per course.
- If possible, set up each course next to a wall.
- Instructors should position themselves close to the most difficult obstacles.

Recommended Room Set-up:

- 8

Equipment:

- Tape
- Spots
- Bean bags
- Foam pads
- Dyna- Discs®

Programming:

This activity is best combined with exercises:
10, 11, 14, 16, 41

Reinforcing Verbal Cues:

- Safety always comes first.
- Focus your eyes forward on a vertical target at eye level as you move forward.
- Shift weight to opposite leg BEFORE stepping in any direction.
- Move your knee over the toes when stepping up onto an elevated surface.
**# 53 Emily Post Promenade**

*Functional Benefits:*
- Reinforce correct posture and body alignment.

*Instructions for Activity:*
- Place a bean bag on top of the head and walk across the room. If bean bag drops while walking, stop and return bean bag to top of head (widen base of support when bending to pick up).
- Pass the bean bag on to the next person.

*Repetitions:*
- 1-2 times across the room
- Optional: add cognitive task by asking etiquette questions; “On which side of the plate should you set the fork?”

*Equipment:*
- Bean bags

*Safety Guidelines:*
- Maintain a safe pace when crossing the room.
- Emphasize completion of task, not speed.

*Recommended Room Set-up:*
- 7

*Programming:*
This activity is best combined with exercises:
10, 11, 15, 16

*Reinforcing Verbal Cues:*
- Keep your posture “Emily Post” perfect.
- Lift your chest and pull your shoulders back and down as you walk.
- Focus your eyes forward on a vertical target at eye level as you walk across the room.
**Functional Benefits:**

- Improves posture and dynamic stability when carrying objects.

**Instructions for Activity:**

*Divide class into teams of 4-5, half of each team on opposite sides of the room. Give a tray with items on it to the first person from each team.*

- Carry the tray across the room as quickly (and safely) as you can without “spilling” the contents.
- You can carry the tray with one hand along side your head, or in front of you with both hands.
- Give the tray to the next person on your team when you reach the other side.

**Safety Guidelines:**

- Remind participants that safety always comes first. (Maintain a safe pace when crossing the room.)
- Emphasize completion of task, not speed.

**Recommended Room Set-up:**

- 7

**Equipment:**

- Light tray or dish (substitute clip board, binder, or other flat surface)
- Plastic cups (with or without popcorn inside)

**Programming:**

- This activity is best combined with exercises: 10, 11, 15, 16

**Reinforcing Verbal Cues:**

- Maintain good posture with shoulders level, and chin parallel to floor.
- Look straight ahead at your destination.
- Be aware of the proximity of other “waiters” around you.
# 55 Horseshoes with Altered Base of Support

**Functional Benefits:**
- Increases stability when standing in reduced or altered base of support.
- Improves body awareness and control in standing position.
- Improves hand eye coordination

**Instructions for Activity:**
- Participants pair up in twos.
- One partner throws the horseshoe while standing with feet apart, the other partner retrieves it.
- With each successful throw, the participant advances to the next level of altered base of support.
- Participants exchange positions every 4 throws.
- Goal is to see which partner reaches highest challenge level of altered base of support within 16 attempts.
- If horseshoes are not available, this can be performed by tossing a bean bag into a circle (spot) or square (marked with tape).

**Safety Guidelines:**
- **DO NOT PROGRESS** to more challenging position until lower challenge position is mastered successfully.

**Recommended Room Set-up:**
- 13

**Equipment:**
- Soft horseshoes
- Bean bags
- Spots or tape

**Programming:**
This activity is best combined with exercises: 6, 7, 35, 36, 41

**Reinforcing Verbal Cues:**
- Stand tall and imagine that the top of the head is being pulled toward the ceiling by a string.
- Keep the eyes focused on the goal while throwing.
- Immediately upon completion of throw, focus ahead on vertical target at eye level.

**Feet Together**
- Keep weight evenly distributed across both feet.

**Split Stance**

**Semi-Tandem and Tandem**
- Shift weight through the hips as the foot steps forward.
Firming Up The Muscles

These activities will improve lower body strength.
Heel Raises

Functional Benefits:
• Strengthens the muscles of the calf (important for stepping up onto and off curbs, climbing stairs).

Instructions for Activity:
• Stand tall with the feet flat on the floor and hip-width apart. Breathe in.
• Slowly lift heels of both feet off the floor. Breathe out as the heels lift.
• Hold the position for 5 seconds, breathing evenly, then slowly lower the heels to the floor.
• Add ankle weights (2–4 lbs.) to increase resistance when appropriate.

Repetitions:
• 8 times. As practice continues, increase by 2 repetitions until 12 repetitions are reached.
• As students’ leg strength increases, return to 8 repetitions, adding a second set of 8. Increase each set to 10 repetitions, followed by 12 repetitions when ready.

Equipment:
• Chairs
• Leg weights, 2–4 lbs. (optional)

Safety Guidelines:
• Hold onto the back of a chair or wall for additional support.

Recommended Room Set-up:
• 3

Reinforcing Verbal Cues:
• Stand tall with your back straight.
• Move as slowly as possible, but maintain body control.
• Breathe out as you lift the heels.
• Direct eyes forward to focus on a vertical target.
Forward Lunge

Functional Benefits:

• Improves lower body muscle strength and endurance.
• Strengthens leg muscles for stepping and walking.

Instructions for Activity:

• Stand with feet hip-width and shift weight by sliding the hip and shoulder over the left leg. Step directly forward with the right foot.
• Keep both knees slightly bent and bring the left knee towards the floor, stopping when the right knee is above the right toes. Hold for 3-5 counts.
• Slowly return to the starting position and repeat with the opposite leg.
• Add ankle weights (2–4 lbs.) to increase resistance when appropriate.

Repetitions:

• 8 times on each side. As practice continues, increase by 2 repetitions until 12 repetitions are reached.
• As students’ leg strength increases, return to 8 repetitions, adding a second set of 8. Increase each set to 10 repetitions, followed by 12 repetitions when ready.

Equipment:

• Chairs

Safety Guidelines:

• Touch the chair if added stability is needed.

Recommended Room Set-up:

• 3

Reinforcing Verbal Cues:

• Stand tall, your shoulders level and your chin parallel to floor.
• Make sure the forward knee does not go beyond the forward toes.
• Focus eyes forward on a vertical target at eye level.
• Breathe evenly throughout the exercise.
Forward/Backward Leg Lifts

Functional Benefits:
• Strengthens muscles needed for mobility tasks such as standing, walking, climbing stairs.

Instructions for Activity:
• Stand with feet hip width apart and hold onto the side of a chair or wall for support. Shift weight by sliding the hip and shoulder over one leg. Breathe in.
• Slowly raise the other leg straight out in a forward direction. Breathe out as the leg is raised.
• Breathe in and lower the leg back to the floor; pause momentarily before extending the leg in a backward direction. Breathe out as the leg is lifted backward.
• Lower the leg to the starting position while breathing in.
• Add ankle weights (2–4 lbs.) to increase resistance when appropriate.

Repetitions:
• 8 times on each side. As practice continues, increase by 2 repetitions until 12 repetitions are reached.
• As students’ leg strength increases, return to 8 repetitions, adding a second set of 8. Increase each set to 10 repetitions, followed by 12 repetitions when ready.

Safety Guidelines:
• Hold onto the back of a chair or wall for additional support.
• Be sure to avoid bending at the hips by not raising the leg too high in either direction.

Equipment:
• Chairs
• Leg weights, 2–4 lbs. (optional)

Recommended Room Set-up:
• 3

Reinforcing Verbal Cues:
• Stand tall with your shoulders level and chin parallel to floor.
• Focus your eyes forward on a vertical target at eye level.
• Keep knees slightly flexed throughout the exercise.
• Feel the tension along the front of your thigh as the leg lifts forward.
• Feel the tension along the back of your thigh as the leg lifts backward.
Lateral Leg Lifts

**Functional Benefits:**
- Strengthens muscles at the side of the thigh.
- Improves lateral stability and lowers risk for sideways falls.

**Instructions for Activity:**
- Stand with the feet hip-width apart and hold onto a wall or chair for support. Shift weight by sliding the hip and shoulder over one leg. Breathe in.
- Slowly raise the other leg out to the side, leading with the heel. Toes are pointed forward. Breathe out as the leg is raised.
- Slowly return the leg to the starting position. Breathe in as the leg is lowered.
- Add ankle weights (2–4 lbs.) to increase resistance when appropriate.

**Repetitions:**
- 8 times on each side. As practice continues, increase by 2 repetitions until 12 repetitions are reached.
- As students' leg strength increases, return to 8 repetitions, adding a second set of 8. Increase each set to 10 repetitions, followed by 12 repetitions when ready.

**Equipment:**
- Chairs
- Leg weights, 2–4 lbs. (optional)

**Safety Guidelines:**
- Maintain a leg lift height that allows for proper body alignment. (Do not tilt the body to the side.)
- Touch the chair if added stability is needed.

**Recommended Room Set-up:**
- 3

**Reinforcing Verbal Cues:**
- Stand tall, shoulder above hip of standing leg.
- Focus eyes forward on a vertical target at eye level.
- Feel the tension along the outside of your thigh as the leg lifts.
Leg Curls

Functional Benefits:

• Strengthens calves and (hamstring) back thigh muscles.

• Improves ability to walk and climb stairs.

Instructions for Activity:

• Stand with the feet hip-width apart. Hold onto the back of a chair and stand tall. Shift weight by sliding the hip and shoulder over one leg. Breathe in.

• Slowly flex (bend) the other knee, raising the leg behind you. Do not allow the thigh of the lifted leg to move in front of the thigh of the standing leg (keep the knees even). Breathe out as the knee bends.

• Return the leg slowly to the starting position. Breathe in.

• Add ankle weights (2–4 lbs.) to increase resistance when appropriate.

Repetitions:

• 8 times on each side. As practice continues, increase by 2 repetitions until 12 repetitions are reached.

• As students’ leg strength increases, return to 8 repetitions, adding a second set of 8. Increase each set to 10 repetitions, followed by 12 repetitions when ready.

Safety Guidelines:

• Touch the chair if added stability is needed.

Equipment:

• Chairs

• Leg weights, 2–4 lbs. (optional)

Recommended Room Set-up:

• 3

Reinforcing Verbal Cues:

• Stand tall, shoulder above hip of standing leg.

• Focus eyes forward on a vertical target at eye level.

• Feel the tension at the back of the thigh as the leg bends.

• Keep the knee of the bending leg even with the knee of the standing leg.
# 61 Squats

**Functional Benefits:**
- Increases lower body muscle endurance and strength.
- Improves activities such as getting up from a chair, getting out of the car, rising from a kneeling position.

**Instructions for Activity:**
- Stand tall with the feet flat on the floor and hip-width apart. Breathe in.
- Slowly lower your hips into a squat position. Breathe out as you lower the body.
- Hold the position for 5 to 10 seconds while breathing evenly, then slowly return to the starting position.

**Repetitions:**
- 8 times on each side. As practice continues, increase by 2 repetitions until 12 repetitions are reached.

**Equipment:**
- Chairs

**Safety Guidelines:**
- Do not let the knees go past the toes.

**Recommended Room Set-up:**
- 3

**Reinforcing Verbal Cues:**
- Feel the tension increase in the thighs as you lower the hips.
- Make sure the knees do not go beyond the toes.
- Move as slowly as possible, but maintain body control.
- Focus eyes forward on a vertical target at eye level.
- Keep back straight throughout exercise.
Balance and Mobility Exercises for Physical Activity Classes

Sample Set-Up Diagrams
Set-Up # 1

Suggested Activities:
- Seated Trunk Leans
- Seated Leg Movements
Set-Up # 2

Wall (if available)
Set-Up # 3

If chairs are stackable, place a double-stack next to taller students so they can maintain body alignment while holding on to the chair.

Set chairs in a straight line or stagger chairs.

Suggested Activities:

- Standing Exercises
Set-Up # 4

Wall (if available)

Class participants stand behind chairs or next to chairs.
Chairs can arranged in a line or a semi-circle.
Set chairs in a straight line or stagger chairs.

Suggested Activities:
- Standing Exercises
If chairs are stackable, place a double-stack next to taller students so they can maintain body alignment while holding on to the chair.

Set chairs in a straight line or stagger chairs.

Suggested Activities:
- Standing Exercises with steps or foam pads
Set-Up # 6

A

Groups of 4 to 8

B

Groups of 4 to 8

C

Groups of 4 to 8

Suggested Activities:
- Pass the Potato
- Circle Soccer
- Parachute
- Push Pull
The number of people per wave is determined by the level of difficulty of the activity and the ability level of the participants.

Suggested Activities:
- Walking/Moving Activities
Set-Up # 8

Wall (if available)

Use spots or dyna-discs depending on challenge level desired.

Vary spacing of “rocks” to change the challenge of stepping.

Suggested Activities:

- Creek Walk
Suggested Activities:

- Creek Cross
Suggested Activities:
- Four Corner Stepping
- Dancing with Spots
Participants line up in groups.

One or two people at a time perform the activity. Allow ample space between people.

Suggested Activities:
- Figure 8 Walk
- Spiral Walk
Suggested Activities:

- Line Pass

Participants line up behind each other by height.
Suggested Activities:

- Horseshoes