

Balance Exercises for Seniors

Patient Information	
Patient Name:	Date of Birth:
Medical History:	
Exercise 1: Single Leg Balance	
Instructions	Results
<ol style="list-style-type: none">1. Stand tall with feet hip-width apart.2. Lift left leg, balancing on right leg.3. Hold for 10-30 seconds.4. Switch legs and repeat.5. Aim for 5-10 repetitions on each leg.	Duration held on left leg:
	Duration held on right leg:
Additional notes	
Exercise 2: Heel-to-Toe Walk	
Instructions	Results
<ol style="list-style-type: none">1. Stand with feet touching, heel to toe.2. Take a step forward with right foot, touching left toes.3. Continue walking in a straight line.4. Aim for 10-20 steps.	Number of steps completed:
	Any loss of balance or stumbling:
Additional notes	

Exercise 3: Leg Raises	
Instructions	Results
<ol style="list-style-type: none"> 1. Stand behind a sturdy chair for support. 2. Shift weight onto right leg. 3. Lift left leg straight back. 4. Hold for a few seconds, then lower. 5. Repeat on both legs. 6. Aim for 10-15 repetitions on each leg. 	Any difficulty lifting leg:
	Any discomfort or weakness:
Additional notes	
Exercise 4: Side Leg Raises	
Instructions	Results
<ol style="list-style-type: none"> 1. Stand tall with feet hip-width apart. 2. Shift weight onto right leg. 3. Lift left leg out to the side. 4. Hold for a few seconds, then lower. 5. Repeat on both legs. 6. Aim for 10-15 repetitions on each leg. 	Any difficulty lifting leg:
	Any loss of balance:
Additional notes	
Exercise 5: Toe Raises	
Instructions	Results
<ol style="list-style-type: none"> 1. Stand tall with feet hip-width apart. 2. Rise up onto tiptoes. 3. Hold for a few seconds, then lower heels. 4. Repeat 10-15 times. 	Any difficulty rising onto tiptoes:
	Any discomfort in calves:
Additional notes	

Exercise 6: Tai Chi	
Instructions	Results
<ol style="list-style-type: none"> 1. Follow along with a Tai Chi video or class. 2. Perform slow, flowing movements with deep breathing. 3. Focus on balance, flexibility, and relaxation. 	Feelings of relaxation:
	Any improvement in balance:
Additional notes	
Exercise 7: Balance Board Exercises	
Instructions	Results
<ol style="list-style-type: none"> 1. Stand on balance board with feet hip-width apart. 2. Maintain balance as board tilts. 3. Start with small movements and increase difficulty. 	Ability to maintain balance:
	Any improvement in stability:
Additional notes	
Exercise 8: Yoga Poses	
Instructions	Results
<ol style="list-style-type: none"> 1. Practice yoga poses like Tree Pose, Warrior III, and Half Moon Pose. 2. Focus on balance, strength, and flexibility. 	Ability to hold poses:
	Any improvement in balance or flexibility:
Additional notes	

Exercise 9: Standing Leg Swings	
Instructions	Results
<ol style="list-style-type: none"> 1. Stand next to sturdy support. 2. Swing left leg forward and backward. 3. Keep torso upright, engage core. 4. Repeat 10-15 times on each leg. 	Ability to maintain balance:
	Any difficulty swinging leg:
Additional notes	
Exercise 10: Marching in Place	
Instructions	Results
<ol style="list-style-type: none"> 1. Stand tall with feet hip-width apart. 2. Lift knees up towards chest alternately. 3. March in place for 20-30 repetitions. 	Ability to lift knees:
	Any loss of balance:
Additional notes	