

Balance Exercises – Fall Prevention Program

6 exercises · always at a sturdy kitchen counter

Patient name: _____ Date: _____

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: each exercise 3–5 times (raises and steps: 10 reps), 1–2 time(s) per day (day / week)

Support: ☐ Two hands ☐ One hand ☐ Fingertips **Hold:** 10–30 sec

How: Stand at a sturdy kitchen counter with a chair behind you. Wear supportive shoes. Stand tall, look ahead, and use as much hand support as you need.



1 Feet Together Stance · Narrow stance

☐ Assigned

1. Stand at the counter with your hand on it.
2. Place your feet **together**, side by side.
3. Hold 10–30 sec, standing tall.

Key cue: Steady and tall. Use less hand support only as your therapist advises.



2 Heel-to-Toe Stance · Tandem stance

☐ Assigned

1. Stand at the counter with your hand on it.
2. Place one foot **directly in front** of the other, heel touching toes.
3. Hold 10–30 sec, then switch which foot is in front.

Key cue: Too hard? Place the front foot slightly to the side (half step).



3 Single-Leg Stance · Stand on one leg

☐ Assigned

1. Stand at the counter with your hand on it.
2. Lift one foot **a few inches** off the floor.
3. Hold 10–30 sec, then switch legs.

Key cue: Stand tall. Don't lean on the counter more than you need.



4 Heel Raises · Up on your toes

☐ Assigned

1. Face the counter, holding it with both hands.
2. Rise up **onto your toes**, lifting your heels.
3. Pause 1–2 sec, then lower slowly. Do 10 reps.

Key cue: Stand tall. Don't lean forward onto the counter.



5 Toe Raises · Lift your toes

☐ Assigned

1. Face the counter, holding it with both hands.
2. Lift your **toes** off the floor, keeping your heels down.
3. Pause 1–2 sec, then lower slowly. Do 10 reps.

Key cue: Keep your hips forward. Don't sit back.



6 Side Stepping · Step along the counter

☐ Assigned

1. Face the counter, holding it with both hands.
2. Take **10 small steps sideways** along the counter.
3. Then step back the other way.

Key cue: Toes face the counter. Don't cross your feet.



Safety: Always hold the counter, with a chair behind you or someone nearby. Stop and sit down if you feel dizzy, lightheaded or unsteady, and tell your therapist.

Notes from your therapist:

