Podiatry & Orthotics Department

Balance Exercise Guide

Patient Information

Your balance can deteriorate with age or injury thus reducing your mobility, impairing your co-ordination and increasing the risk of further injury. This information leaflet is aimed at guiding you through a programme of simple exercises at home, which are progressive to help improve your balance and muscle strength.

To begin with, consider doing the exercises near a wall or stable chair to regain your stability and disregard when no longer required.

Stage 1 – Single Leg Balance

- Standing up straight move your weight onto one foot, and raise the other from the ground.
- Try and stay as still as possible.
- Keep your body straight and hips level.
- Hold for 30 seconds.
- Practice this routinely throughout the day on both legs.

Stage 2 – Single Leg Squat

- Standing up straight move your weight onto one foot, and raise the other from the ground.
- Focussing on technique, slowly bend your knee down (taking 5 seconds) and up (taking 5 seconds.)
- Your knee should bend over your ankle in a forward motion without rolling your knee inwards.
- Practice this routinely throughout the day on both legs.

Stage 3 – Single Leg Squat with Strengthening

- This is the same movement as in stage 2, however we are now focussing on improving your strength and coordination by increasing the number of repetitions.
- Start with 3 repetitions on both legs. 3 times per day.
- Aim to increase to 10 repetitions on both legs. 3 times per day.
- To further challenge your stability consider standing on a softer surface such as a carpeted floor or an exercise mat.

"This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg".