

## Moving Exercises (more challenging)

### Standing Pick Up

1. Stand tall with an object on the floor in front of your feet.
2. Balance on one leg.
3. Slowly bend your standing knee (keeping it in line with your second toe).
4. Reach down to pick up the object while extending your other leg behind for balance.
5. Return to standing.

#### To make it more challenging:

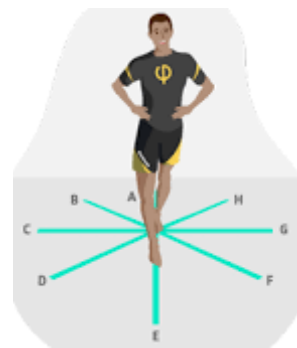
- Place the object in different spots around you.
- Move the object further away from your feet.

### Reach-Grab

1. Stand on one leg.
2. Bend your knee slightly.
3. Reach forward as far as you can, looking where you reach.
4. Return to start.
5. Repeat reaching in different directions (like around a clock).

### Star Balance

1. Stand on one leg.
2. Stretch your other leg out as far as possible in front of you and lightly touch the ground with your toe.
3. Return to start.
4. Repeat in different directions around you (like around a clock).

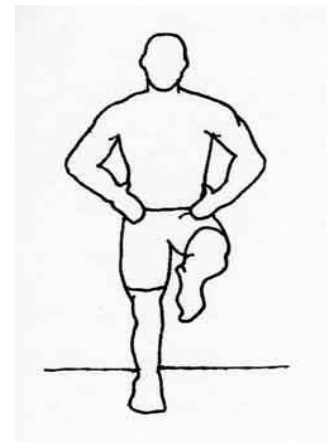


# Podiatry Services

## Patient Information Leaflet

## Balance and Stability Exercises

V2 September 2025



### Contact Details

Podiatry Services,  
Beauchamp Centre,  
Mount Gould Hospital,  
200 Mount Gould Road,  
Plymouth,  
PL4 7QD

**Tel:** 01752 434855

**Email:** [livewell.podiatrypatients@nhs.net](mailto:livewell.podiatrypatients@nhs.net)

**If you have any questions about the information in this leaflet, please contact Podiatry Services.**

If you are over 55 and have fallen or are worried about falling and losing your balance, then please consider contacting the following service:

## Falls Therapy Team

[www.livewellsouthwest.co.uk/falls-team](http://www.livewellsouthwest.co.uk/falls-team)

Tel: 01752 434732 Email: [livewell.fallstherapyteam@nhs.net](mailto:livewell.fallstherapyteam@nhs.net)

## Exercises

- Do the exercises near a wall, countertop, or sturdy chair for support.
- Select any of the exercises below which feel challenging but manageable.
- Some discomfort is okay but stop if pain or instability becomes more than tolerable.

### High Knee Marching

Stand next to a stable surface to hold on if needed. Bend one of your knees, lifting your thigh up towards your chest. Lower, then lift your other leg. Repeat 10 times on each leg.

### Tiptoes

Standing with your feet shoulder width apart, push up onto your tip toes using both feet, hold this position for a few seconds before slowly lowering.

#### To make it more challenging:

1. Hold the position for longer.
2. Place your feet closer together.
3. Walk short distances on tip toes.
4. Tiptoe on one leg.
5. Hop, hop to stabilisation, hop around a grid.

## Tandem Stance

1. Stand tall and place one foot directly in front of the other, forming a straight line.
2. Keep the heel of your front foot close to the toes of your back foot.
3. Hold this position for as long as you can, keeping count to measure your time.
4. Repeat with the other foot in front.
5. To increase the challenge, you can try standing on a soft surface, like a cushion or a rolled-up towel.



## Progress the Tandem Stance to the Single Leg Stance

Lift one foot off the ground (keep legs apart so they don't touch). Hold this position for as long as you are able to.

#### To make it more challenging:

- Stand on a cushion.
- Bounce a ball while balancing.

#### For extra challenge:

- Roll up a towel into a sausage shape and stand on it (make it thinner to increase difficulty).

