Standing balance practice card

One round at a fixed counter

Before you begin

Use this card if you can stand and sit safely on your own.
Clear the floor. Wear grippy shoes. Keep a chair nearby.
Keep both hands on the counter for all three moves.
Recent fall or new dizziness? Ask your clinician first.

1. Shift your weight

Feet hip-width. Shift right, center, left, then center.
Keep both feet flat. Try 5 shifts to each side.

2. Bring your feet a little closer

Leave a gap between your shoes. Look ahead.
Hold 5 seconds. Step back to hip-width. Try twice.

3. Step sideways

Take 2 small steps right, then 2 left. Bring your feet
back to hip-width after each step. Keep toes forward.

Stop and sit safely if you feel dizzy, faint, unusually unsteady, or have pain. Rest between moves as needed.

After practice

Date _____ Last move I finished _____

Hand support I used _____

If you grabbed or rushed, repeat an easier version.
After several steady sessions, change one thing at a time.