

TE★AS
EAR, NOSE & THROAT
SPECIALISTS, L.L.P.

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Balance Exercises

Head and eye movements while sitting

1. keep head still, look up and then down
2. keep head still, look side to side
3. hold a finger at arm's length. Focus on your finger and bring it in toward your nose, and then back out
4. move your head slowly side to side with your eyes open
5. move your head quickly side to side
6. move your head slowly up and down with your eyes open
7. move your head quickly up and down
8. repeat exercises 4 -7 with your eyes closed

Head and body movements while sitting

1. Place an object on the floor in front of you. Reach down to pick it up, then return to initial position. Look down at the object as you approach it, then looked back up as you straighten your trunk.
2. Bend forward and pass the object back and forth between your knees

Standing exercises

1. Go from a seated to a standing position, then return to sitting.
2. Repeat this with your eyes closed.
3. Repeat exercise one, but turn a full circle while standing before sitting back down.

Other activities to improve balance

1. Walk up and down stairs carefully your eyes open, then closed. Hold onto a hand rail for safety.
2. While standing, practice making sudden 90° turns first with the eyes open, then closed.
3. While walking, look side to side. This is best done in a grocery store. Read labels as you walk down the aisle.
4. Practice standing on 1 foot. First with the eyes open, then closed.
5. Standing on a soft surface such as an eggcrate mattress, pillow or foam mat:
 - a. first walk across the surface to get used to it
 - b. walk heel to toe with eyes open, then closed
 - c. practice standing on 1 foot with eyes open, then closed.