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Balance, Strength, and Gait Training

These exercises are designed to improve stability, build muscle strength, and promote safe walking. Perform them as directed by your healthcare provider. Stop immediately if you feel pain, dizziness, or shortness of breath.

Balance Training

Goal: Reduce fall risk and improve stability.

- **Heel-to-Toe Walk:** Place one foot directly in front of the other, heel touching the toes. Walk 10–15 steps. Repeat 2–3 times.
- **Single-Leg Stand:** Hold onto a counter or sturdy chair. Lift one foot off the ground and balance for 10–20 seconds. Switch legs. Repeat 3 times each side.
- **Weight Shifts:** Stand with feet shoulder-width apart. Slowly shift your weight from side to side, holding 5 seconds on each side. Repeat 10 times.

Strength Training

Goal: Strengthen core and leg muscles that support safe walking.

- **Sit-to-Stand:** From a chair, stand up without using your hands if possible. Sit back down slowly. Repeat 10 times.
- **Mini Squats:** Holding onto a stable surface, bend knees slightly as if sitting in a chair. Hold 2–3 seconds, then rise. Repeat 10 times.
- **Heel Raises:** Hold a counter for support. Rise up on your toes, hold for 3 seconds, then lower slowly. Repeat 10–15 times.
- **Marching in Place:** Lift knees high, one at a time, as if marching. Continue for 1–2 minutes.

Gait Training

Goal: Improve walking safety, stride, and endurance.

- **Normal Walking:** Walk at a comfortable pace for 5–10 minutes, focusing on posture (head up, shoulders back).
- **Step Length Practice:** Take slightly larger steps while walking, making sure both feet clear the floor.
- **Side Steps:** Step sideways along a wall or counter for 10–15 steps, then return.
- **Turning Practice:** Practice turning slowly in a circle, both left and right. Focus on small, steady steps.

Safety Tips

- Always use a sturdy support (counter, chair, or railing) if needed.
- Wear supportive, non-slip shoes.
- Perform exercises in a clutter-free space.
- If you use an assistive device (walker, cane), keep it nearby.