



the manual touch

PHYSICAL THERAPY

Always be in a safe place when doing exercises such as near kitchen counter or in a narrow hallway. If you need more safety and have a walker, stand with your back to kitchen counter and walker in front of you, this way you are surrounded on all sides. A modification of this can be done with high back chairs.

1. Stand with feet together, rock forward/backward from ankles
2. Stand with feet together, hands on hips – hold each for 10-20 seconds
 - Eyes open
 - Eyes open – turn head right/left
 - Eyes closed
 - Stand on unstable surface
3. Stand with one foot in front of the other, as close together as possible to provide some challenge but still able to perform – hold each for 10-20 seconds

- Arms out to side
- Hands on hips
- Hands on hips – turn head right/left



4. Walk heel to toe – forward/backward

5. Stand on one leg throughout the day - particularly while doing activities such as brushing your teeth, shaving, preparing a meal, using the copier, while standing in line at the store.

6. Sidestepping

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PHYSICAL THERAPY

7. Cross arm punches – stand with feet shoulder width apart, alternate punching hand across body, be sure to move hips



8. Squats – whenever you sit down, repeat stand to sit to stand 5x

Hands out in front or reach back for chair, bend at hips driving butt back, pull knees out as if you have a band around your thighs (remember the colorful loop you got from me?) as you bend knees not allowing your knees to go out in front of your toes, sit.

Sit to stand: scoot to edge of chair, either push off chair with hands or hands out in front, bend at hips, pull knees out (remember the colorful fitness loop!), stand up

MORE CHALLENGING VARIATIONS STANDING ON ONE LEG

1. Eyes closed
2. Turn head right and left
3. Raise arms out to side, overhead, up and down
4. Sway forward/backward at ankle
5. Rotate right/left
6. Raise leg out to side
7. Bring leg across body

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