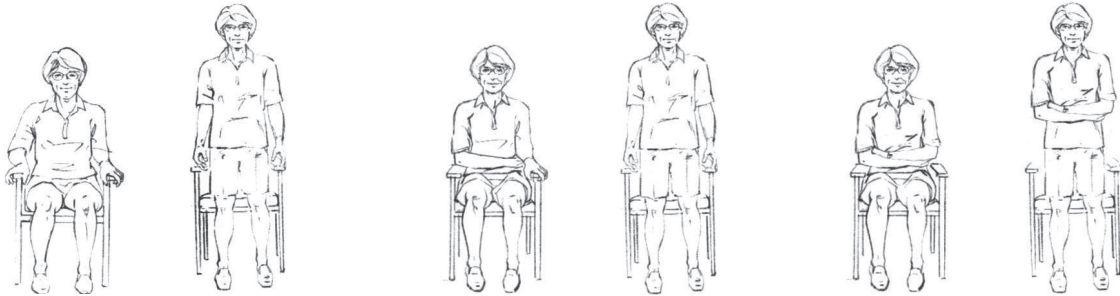


Exercises at a glance

BALANCE EXERCISES

For more specific instructions on advancing each exercise, refer back to the manual.

Sit-to-stand



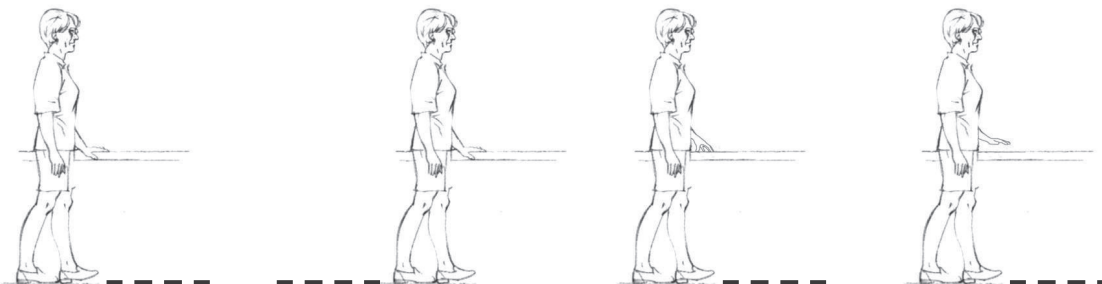
Sideways walking



Heel-toe (tandem) standing



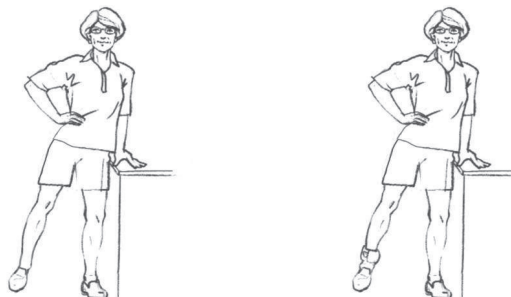
Heel-toe (tandem) walking



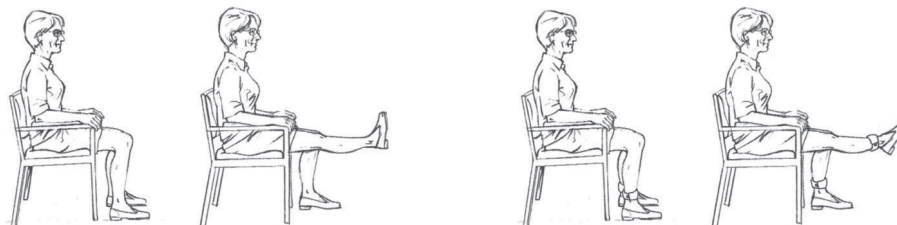
Strength Exercises

For more specific instructions on advancing each exercise, refer back to the manual.

Side-hip-strengthening



Front-knee-strengthening



Heel raises



Toe raises

