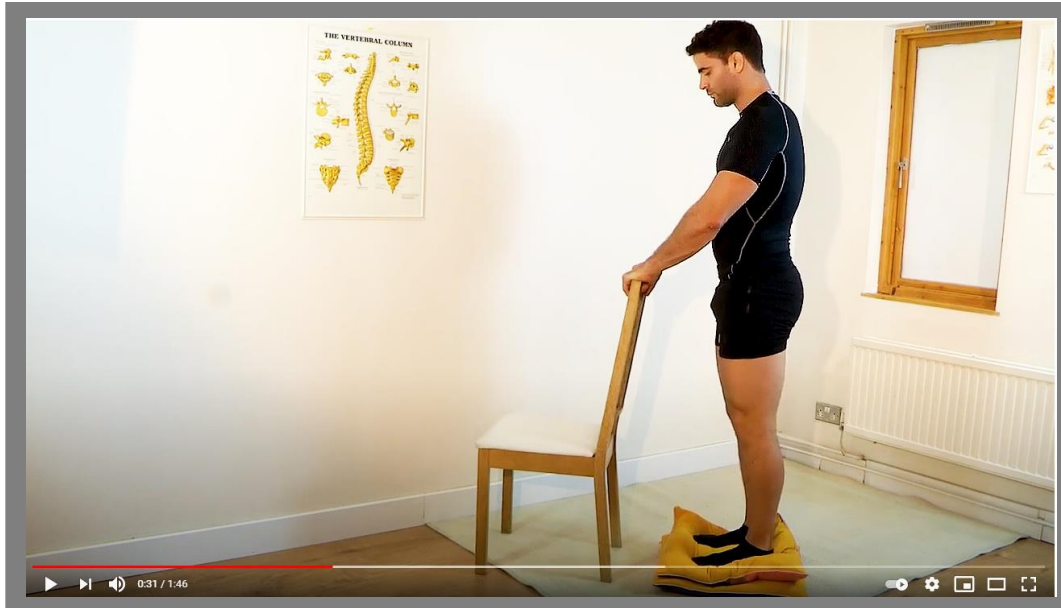


BALANCING EXERCISES OVER A PILLOW

BAL54



AREAS AFFECTED

**Balance receptors
Ankle joint & leg
muscles**

ADVICE

Hold onto a steady chair or another object. Stand on a firm or folded pillow or cushion. Attempt balancing using both legs, then on one leg, with eyes open & closed.