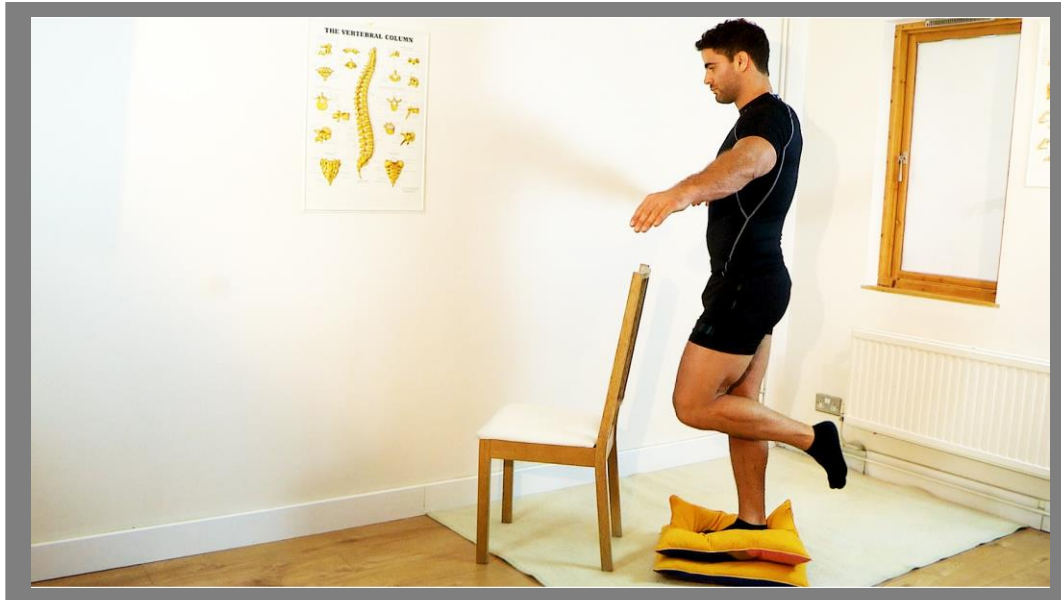


BALANCING EXERCISES OVER A PILLOW

BAL54B



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. When ready, close your eyes and stand on one leg without holding the chair