



Exercise of the Month: One Leg Standing



The single leg stance is a very effective exercise for improving balance. This exercise can be made more challenging as your balance gets better.

Single Leg Stance:

Stand behind a sturdy chair or in front of the sink.

Hold onto the chair back or sink with both hands.

Slowly lift one leg off the ground.

Maintain your balance standing on one leg for 15 seconds.

Return to starting position and repeat X 3.

Perform with opposite leg.

When that gets easy, progress the difficulty:

Increase the time you hold up your leg to 30 seconds.

Only hold onto the chair or sink with one hand, then lift leg.

Fold your arms across your chest and then lift leg, keeping balance (be ready to hold onto chair or sink if you lose your balance).

Hardest: Fold arms across chest, close eyes, then lift leg--keep eyes closed and try to balance.