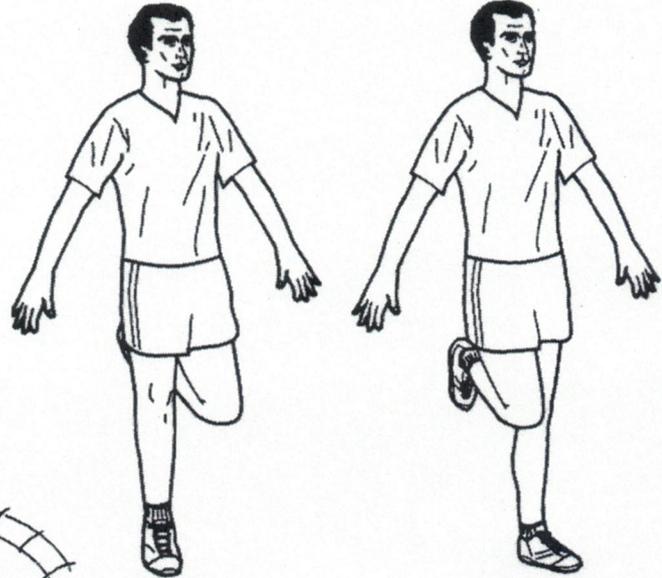


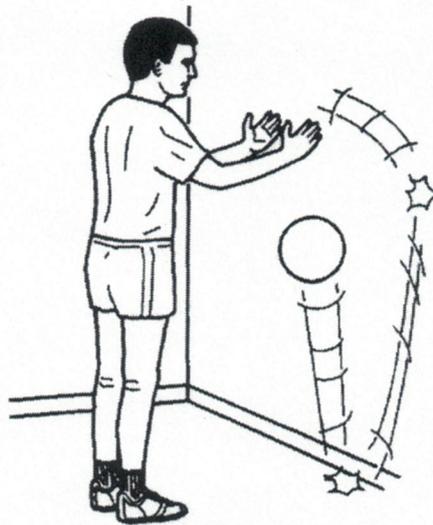
Balance and Coordination Exercises

Do only those exercises ✓ checked.

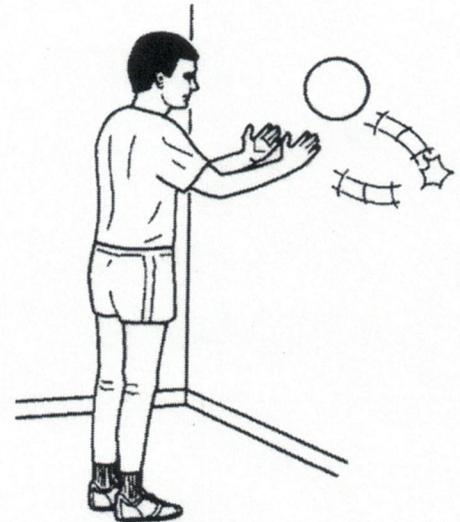
- Balance on one foot for 10 seconds. Do this 3 times for each leg.
- Hop 10 to 15 feet on one foot then the other. Do this 2 times for each foot.
- Practice hopping from one foot to the other.



- Bounce a ball off a wall. Let the ball bounce once before catching it.



- Bounce a ball off the wall, but **do not** let it bounce before catching it.



- Dribble a basketball 15 - 20 feet with one hand then with the other hand. Do each hand 3 times.



- Bounce a ball from one hand to the other as you walk.

- Walk on your toes.

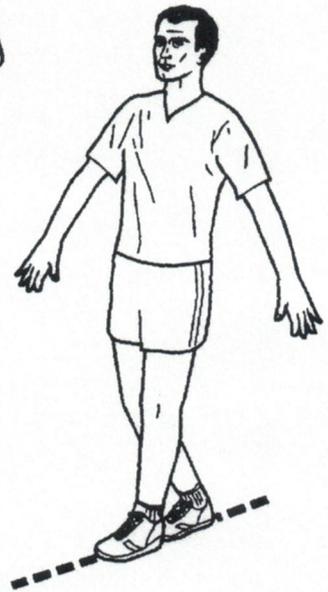


- Walk on your heels.



- Practice walking backwards.

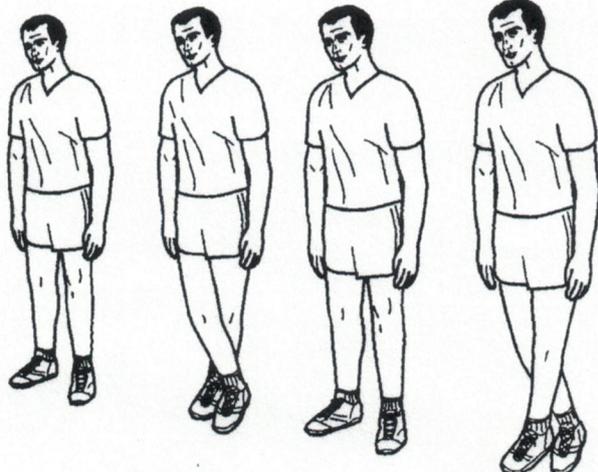
- Side step keeping your toes pointed forward.



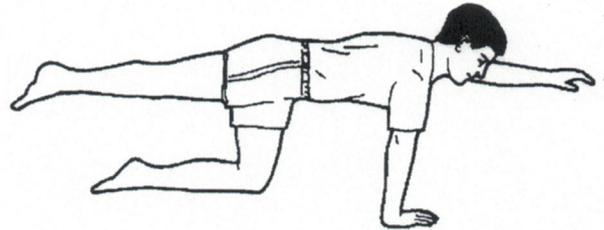
- Walk heel to toe in a straight line.

- Cross your feet in front of each other as you walk forward.

- Weave by crossing you left foot over the right. Step out with the right foot, then cross your left foot behind the right. Reverse to go in the opposite direction.



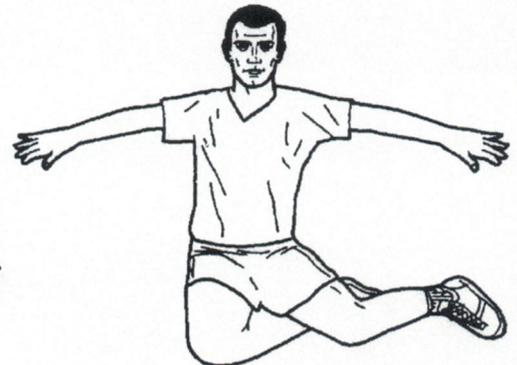
- Jog with supervision.
- Practice skipping forward and backward.
- Balance on your hands and knees. Raise up your left arm and right leg together and keep your balance. Then raise up your right arm and left leg. Repeat 5 times for each set.



- Get on your hands and knees and do 10 push ups.
- Kneel and keep upper body straight. Walk forward, backward and to each side on your knees.



- Practice going from a kneeling to a side-sitting position on your hip in both directions.



- Pick up a light object (like a bottle of hand lotion) from the floor on your left. Put it up on a high place (like a shelf in the cupboard) on your right. Repeat by putting the object on the floor to your right. Lift it up to your left. As you get better at this exercise make the objects heavier (books, bags of rice).

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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