

**Properly shifting your weight frontwards, backwards or sideways can help improve your control when balance is challenged or disrupted such as in a trip or slip**

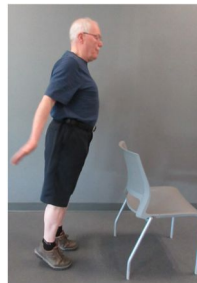
**Note:**  
Always start in a sitting position as it is a safer option, once comfortable move to standing

**To improve shifting weight:  
Sitting**



- ✓ With arms by side or out shift weight from side to side as far as comfortable
  - ✓ Return to center
- ✓ Shift weight forward as far as you feel comfortable
- ✓ Try not to lean over off the chair

**To improve shifting weight:  
Standing**



- ✓ Stand behind a support surface or beside a wall
- ✓ Stand with feet shoulder width apart
- ✓ Shift your weight forward into your toes before you need to take a step

**To Make More Challenging:**

- ✓ Stand facing away from wall, shift weight on the heels, take a quick step
- ✓ Stand facing wall, shift weight on the heels, take a quick step
- ✓ Practice stepping with both feet

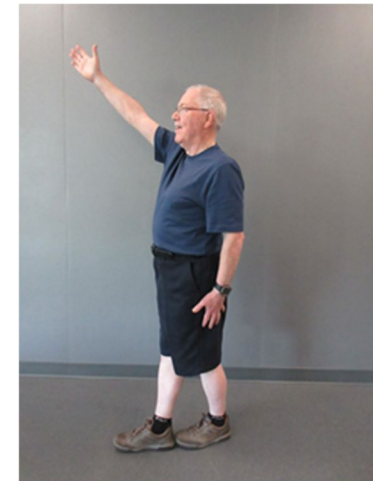
**To improve balance when changing positions**



Start, knees over toes, shift weight forward and upward, stand wait 2 sec.  
Reverse to sit

If you have difficulties with your balance, or notice any changes, a physical therapist can help you. Search for a physical therapist in Saskatchewan at this site: [www.saskphysio.org](http://www.saskphysio.org)

**Balance and Fall Prevention:  
At home activities to improve  
your balance skills**



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## What Impacts Balance?

### Environment

Ice, rough ground, steps

### Task

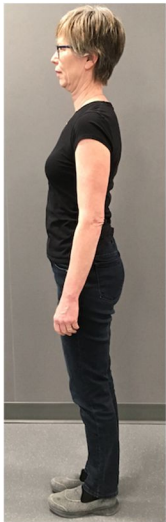
Talking while walking, carrying groceries

### Individual

Flexibility of muscles and joints, vision, sensation posture body awareness and control

The following activities can help improve your ability to adapt to the balance challenges of the task and environment

Proper posture increases your body's ability to react properly and regain balance when needed.



### To improve posture:

- ✓ Imagine a straight line running through your head, neck, shoulders and your hips
- ✓ Keep shoulders down
- ✓ Keep chin tucked and look straight ahead

### To improve flexibility:

#### Calf Stretch



- ✓ Stand behind a support surface with one foot forward and one back.
- ✓ Shift weight forward
- ✓ Keep back leg straight heel down
- ✓ Hold 10 sec, Repeat 2-3 times

### To improve strength:

#### Heel to toe raises



- ✓ Stand behind a support surface
- ✓ Put your weight into your heels, lift toes off ground
- ✓ Shift weight to toes
- ✓ Lift heels of the ground
- ✓ Hold each 2-3 sec, repeat 2-3 times

Maintaining lower leg strength results in the ability to control standing balance.

To improve standing balance held over time:



Feet together

Heel to Toe

Single Leg together

- ✓ Stand near a wall or support surface
- ✓ Hold for 5-30 sec

### To Make More Challenging

- ✓ try not touching the support surface
- ✓ Work for holding each up to 30 sec with eyes closed
- ✓ Add arm movement, try walking heel to toe