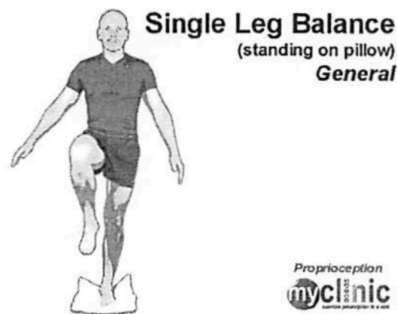


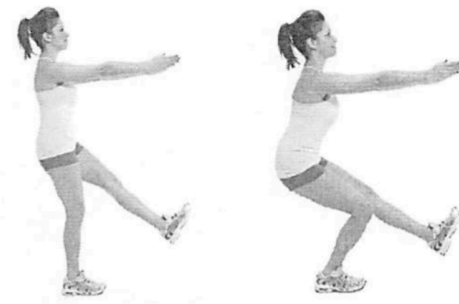
Balance Exercises



Week 1-2: Balance on one leg with no shoes and the knee slightly bent for 30-60 seconds per side (3-5 sets).



Week 3-4: Using a small pillow to stand on, balance one leg with no shoes and the knee slightly bent for 30-60 seconds per side (3-5 sets).



Week 5-6: Balance on one leg with no shoes for 30-60 seconds per side while performing single leg squats and/or small twisting motions of the body (3-5 sets).

Week 7-8: Using a small pillow to stand on, balance on one leg with no shoes for 30-60 seconds per side while performing single leg squats and/or small twisting motions of the body (3-5 sets).