

## Balance Exercises (Proprioception)

Stand on one foot for as long as you can, on a solid surface ie: kitchen floor, laminate or thin carpets. Increase the amount of time up to 1 minute without wobbling too much or having to put your other foot on the floor.

Once you can balance for 1 minute confidently use a shallow pillow or folded towel to stand on. Using a movable surface will further improve your balance



Practice **1-2 times** per day.

**Podiatry office number:**

**01743 277681**