

## Balance/stability

### Lower body

**B1**



Stand on the affected leg and attempt to maintain balance.

Perform the exercise first with the eyes open then closed. Progress from holding on to a chair or wall to standing unsupported.

#### Comments

- Start by holding on to a wall or chair until balance improves.
- Start by placing weight on the ball of the foot, and then the heel, moving between these two extremes to find a point where the weight is balanced across the whole of the sole of the foot.
- Use with caution if there are problems with the ankle joint.
- Keep shoes on if it is more comfortable or orthotics are worn.



#### Functional application

Useful where balance is a problem.

#### Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions

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