

## **Dynamic balance training**

### **Purpose:**

Once you have improved at balance training while standing still you can try dynamic balance training. This means doing activities that require you to balance as you move through the environment. Choose an activity from the list below that is challenging but that you can perform safely. Take a break, if any of your symptoms start to increase.

### **Exercise:**

- 1) Walk forward and look from left to right, or up and down – stop in the middle to refocus and minimize dizziness.
- 2) Walk forward with your eyes closed.
- 3) Walk backward – try this with your eyes closed or turning your head left to right, or up and down.
- 4) Walk heel to toe forward then backward – try with your eyes closed or turning your head left to right.
- 5) Walk sideways crossing one leg in front and then behind you (grapevine), do this both directions.
- 6) Kick or throw a ball against the wall – try to make sure you have to move left and right to return the ball.
- 7) Stairs – practice going up and down without using a railing and without looking at your feet (if you are safe doing this). Use a normal pattern with only one foot on each step.