



## CORNER BALANCE EXERCISES

The Scheme of Exercises

Stand with your back towards the corner without touching the walls. Set a timer, and do each exercise for two minutes. If you touch the wall, reset the timer and repeat that particular exercise. Do exercises at least once a day for 20 minutes; preferably twice a day.

### **PART I**

- A. Stand with your feet together and hands by your sides with eyes open.
- B. Stand with your feet together and hands clasped across chest (trying to pull them apart) with eyes open.
- C. Stand with your feet together and hands clasped across chest (trying to pull them apart) with eyes closed.

### **PART II**

- A. Stand with one foot in front of the other, hands along side with your eyes open.
- B. Stand with one foot in front of the other, hands clasped across chest (trying to pull them apart), and eyes open.
- C. Stand with one foot in front of the other, hands clasped across chest (trying to pull them apart), and eyes closed.

PERFORM EACH EXERCISE AT LEAST ONCE A DAY FOR A TOTAL OF 20 MINUTES.  
TWICE A DAY IS PREFERENTIAL!!!