

How to Do the Single-Leg Balance Exercise

Single-leg balance exercises help improve balance.

They also strengthen the muscles that support your knees.

Here's how to do them.

Stand next to a chair or wall... or in between a doorway.

Lift one leg off the floor, bending it behind you.

If you're not steady on your feet, use one hand to hold on to the chair, wall, or doorway.

Keep the knee of your standing leg straight.

Try to balance for up to 30 seconds.

Then rest for up to 10 seconds, if you need to.

Repeat the exercise 6 to 8 times, and then switch and do the other leg.

When you are able to balance for 30 seconds on one leg with your eyes open, try to balance with your eyes closed.

And then, if you can easily do this exercise with your eyes closed for 30 seconds, you could try to challenge yourself further by doing the exercise while standing on a pillow, if that feels safe.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.