**1. Standing March**

Standing near a sturdy support, begin marching in place slowly for 30 seconds. Best Practice is to use a high counter or other solid surface. Make sure you are going slow and controlled with your movements.

**2. Standing 3-Way Kicks**

Standing on 1 leg (with a soft, unlocked knee), slowly raise your right leg out in front of you. Keep your extended leg as straight as possible and return it to the center. Then gently lift the same leg out to the side and back down, and then extend your leg behind your body and back down. Perform as many as you can each way. Your physical therapist may increase the difficulty of this exercise by removing the supporting surface.

**3. Sidestepping**

Facing a countertop or wall (with your hands on the counter or wall for support as needed), step sideways in 1 direction with your toes pointed straight ahead until you reach the end of the wall or counter. Then, return in the other direction. As this becomes easier, a physical therapist may add in the use of a resistance band at the knees or just above the ankles.

**4. 1-Leg Stand**

Stand on 1 leg as long as you are able, up to 30 seconds. Remember to remain near a sturdy support surface that you can hold on if needed. Alternate legs and try to do this 3-5 times on each leg. As this becomes easier, challenge yourself by doing other tasks while standing on 1 leg, such as brushing your teeth, talking on the phone, or while doing the dishes. Balance exercises can easily be integrated into your daily routine this way.

**5. Heel-to-Toe Standing**

Place 1 foot directly in front of the other, so the heel of the front foot touches the toe of the back foot. Hold this position for as long as you are able, or up to 30 seconds. As this becomes easier, try taking a few steps in this heel-to-toe format, as if you are walking on a tight rope. Remember to use something to hold on to for safety.

Many factors can contribute to a lack of balance and falling. Older adults, especially those who have experienced dizziness, stumbling, or falls, should obtain a comprehensive evaluation from a PT or another qualified health professional. Some physical therapists specialize in balance and falls management.