Exercise Basics

Strengthening Muscles is what makes Bones Strong.

STRENGTHENING BALANCE:

• Heel Lifts:

• Feet Circles and Toggles:

• One Leg Stand:

• Tandem Stance:

• Toe Lifts:

• Progression with any balance exercise:

This information should be discussed with your physician and your medical team to insure it fits your specific medical needs.

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