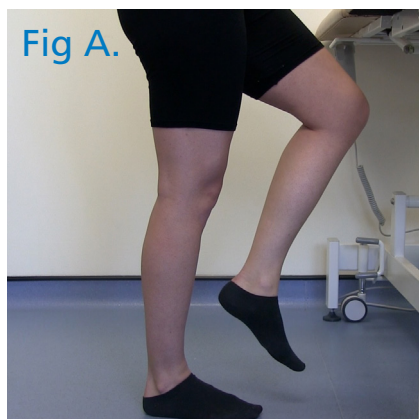


Single leg standing



Start with a solid surface in front of you, e.g. kitchen counter. Hands lightly resting on the surface.

Stand on your affected leg, ensure that your knee is soft and not locked into a straight position (Fig A), do not let your knees touch each other and keep your head up.

You may find it useful to fix your gaze on an object ahead. Gradually raise your hands from the surface (Fig B).

Try to keep this static position for approximately 30 seconds to one minute.

To progress this exercise, once you have your balance slowly reach out to the side, away from your body, then return to your starting position (Figs C and D).

Repeat reaching in different directions.



For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.