

## Leg exercise 7: Stability and balance



In a standing position; place one foot a little in front the other shoulder width apart, raise the front foot 10-15 cm from the ground.

### Notes:

- If you have balance problems, use a wall or chair as a support and regularly let go momentarily
- Increase the difficulty by slowly turning your head

**Hold 3 times on each side for 20 seconds**



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The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.