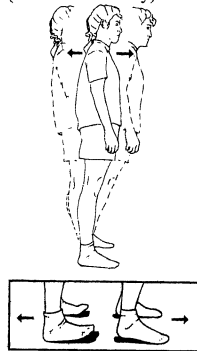


STANDING DYNAMIC - 1
Weight Shift: Anterior / Posterior (Limits of Stability)

Slowly shift weight backward until toes begin to rise off floor. Return to starting position. Shift weight forward until heels begin to rise off floor.

Hold each position _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.

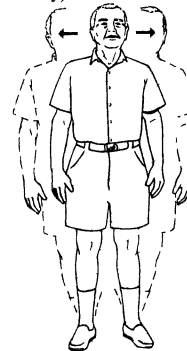


Repeat on compliant surface _____

STANDING DYNAMIC - 2
Weight Shift: Lateral (Limits of Stability)

Slowly shift weight to right as far as possible, without taking a step. Return to starting position.

Hold each position _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.

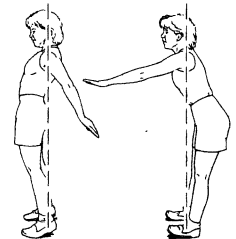


Repeat on compliant surface _____

STANDING DYNAMIC - 4
Weight Shift: Anterior / Posterior (Righting / Equilibrium)

Slowly shift weight forward while bringing arms back and hips forward over toes until heels rise off floor. Return to starting position. Shift weight backward bringing arms forward and hips back over heel until toes rise off floor.

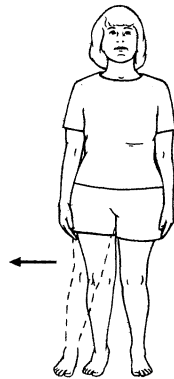
Repeat _____ times per session.
Do _____ sessions per day.



STANDING DYNAMIC - 7
Single Step: Side

Lifting foot off floor, take one step slowly to right side. Return to starting position.

Repeat _____ times per session.
Do _____ sessions per day.

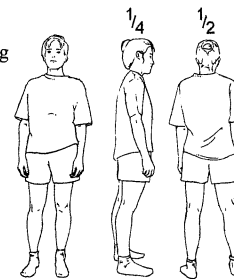


STANDING DYNAMIC - 8
Turning in Place: Solid Surface

Standing in place, lead with head and turn slowly making quarter turns toward right.

Repeat _____ times per session.
Do _____ sessions per day.

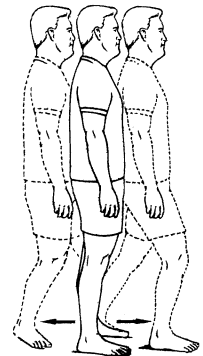
Repeat _____ turns with eyes closed.



STANDING DYNAMIC - 6
Single Step: Forward / Backward

Lifting foot off floor, take one step slowly forward with right leg. Return to starting position. Take one step backward and return.

Repeat _____ times per session.
Do _____ sessions per day.

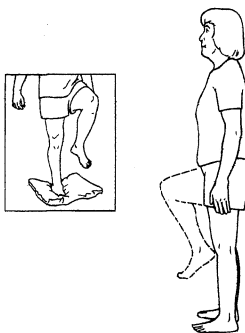


STANDING DYNAMIC - 12
Marching in Place: Varied Surfaces

March in place, slowly lifting knees toward ceiling.

Repeat _____ times per session.
Do _____ sessions per day.

Repeat _____ times with eyes closed.
Repeat on compliant surface _____



STANDING DYNAMIC - 24
Ball Kick: Single Leg

Standing on right leg, have person roll a ball toward raised leg. Kick it back while maintaining balance over standing leg.

Repeat _____ times per session. Do _____ sessions per day.

