

Heel Toe Stand

Purpose

- This will improve balance and help you feel more confident when on your feet.

Position

- Standing side onto the chair, holding on with one hand for support. You have the option to add an additional chair if more support is needed.
- Keep knees and feet hip width distance apart.
- Keeping soft knees throughout.

Action

- Ensure the weight is distributed evenly over both feet.
- Place one foot in front of the other so the heel of the front foot touches the toes of the back foot.
- Stand tall with soft knees and the eyes looking ahead.
- Ensure the spine is neutral and the tummy muscles are pulled in.



Seconds

Comments

Contact us



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