

The 8 Balance Positions

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Safe Setup

- Ensure a sturdy chair with armrests is positioned behind you.
- Have a stable surface in front of you (e.g., dining room table, countertop).
- Have someone present in the room during your initial attempts for maximum safety.
- If you have other medical concerns that may not align with this balance training, consult with your doctor or physical therapist.

Move onto next position:

- Complete for the specified duration.
- While maintaining complete steadiness.
- Repeat for at least 3 trials in a row successfully.

Position1: Feet shoulder width apart



Max Time: 2 minutes

Training: Perform 3 trials, 2 times a day. You can increase up to 5 trials as long as there are no worsening pains or excessive fatigue.

Position 2: Narrow stance (golf ball diameter between feet)



Max Time: 1 minute

Training: Perform 3 trials, 2 times a day. You can increase up to 5 trials as long as there are no worsening pains or excessive fatigue.

Position 3: Feet Touching



Max Time: 1 minute

Training: Perform 3 trials, 2 times a day. You can increase up to 5 trials as long as there are no worsening pains or excessive fatigue.

Position 4: Feet touching with one foot 25% in front of the other.



Max Time: 30 seconds

Training: Perform 5 trials for each leading foot, 2 times a day. You can increase to 8 trials per foot, as long as there are no worsening pains or excessive fatigue.

Position 5: Feet touching with one foot 50% in front of the other.



Max Time: 30 seconds

Training: Perform 5 trials for each leading foot, 2 times a day. You can increase to 8 trials per foot, as long as there are no worsening pains or excessive fatigue.

Position 6: Feet touching with one foot 75% in front of the other.



Max Time: 30 seconds

Training: Perform 5 trials for each leading foot, 2 times a day. You can increase to 8 trials per foot, as long as there are no worsening pains or excessive fatigue.

Position 7: Feet touching with feet placed *NEARLY* in straight line.



Max Time: 30 seconds

Training: Perform 5 trials for each leading foot, 2 times a day. You can increase to 8 trials per foot, as long as there are no worsening pains or excessive fatigue.

Position 8: Feet in straight line.



Max Time: 30 seconds

Training: Perform 5 trials for each leading foot, 2 times a day. You can increase to 8 trials per foot, as long as there are no worsening pains or excessive fatigue.