

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching	Set:							
forwards in sitting	Rep:							
oldo rodoming	Set:							
in sitting	Rep:							
Torso twists in	Set:							
sitting	Rep:							
Marching in	Set:							
sitting	Rep:							
Initiating a sit to	Set:							
stand	Rep:							
Staggered sit	Set:							
to stand	Rep:							
Tandem	Set:							
walking	Rep:							
Heel-toe	Set:							
walking	Rep:							
Three-way hip	Set:							
strengthening	Rep:							
Windmill	Set:							
VVIIIGITIIII	Rep:							



Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in	Set:							
sitting	Rep:							
oldo rodorning	Set:							
in sitting	Rep:							
Torso twists in	Set:							
sitting	Rep:							
Marching in	Set:							
sitting	Rep:							
Initiating a sit to	Set:							
stand	Rep:							
Staggered sit	Set:							
to stand	Rep:							
Tandem	Set:							
walking	Rep:							
Heel-toe	Set:							
walking	Rep:							
Three-way hip	Set:							
strengthening	Rep:							
Windmill	Set:							
vvii di i iii	Rep:							



Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in	Set:							
sitting	Rep:							
Side reaching	Set:							
in sitting	Rep:							
Torso twists in	Set:							
sitting	Rep:							
Marching in	Set:							
sitting	Rep:							
Initiating a sit to	Set:							
stand	Rep:							
Staggered sit	Set:							
to stand	Rep:							
Tandem	Set:							
walking	Rep:							
Heel-toe	Set:							
walking	Rep:							
Three-way hip	Set:							
strengthening	Rep:							
Windmill	Set:							
vviiidiiiiii	Rep:							



Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Reaching forwards in	Set:							
sitting	Rep:							
	Set:							
in sitting	Rep:							
Torso twists in	Set:							
sitting	Rep:							
Marching in	Set:							
sitting	Rep:							
Initiating a sit to	Set:							
stand	Rep:							
Staggered sit	Set:							
to stand	Rep:							
Tandem	Set:							
walking	Rep:							
Heel-toe	Set:							
walking	Rep:							
Three-way hip	Set:							
strengthening	Rep:							
Windmill	Set:							
vviiidiiiii	Rep:							

North Tees and Hartlepool NHS Foundation Trust

Balance Exercises

Short Term Goals
With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?
Long Term Goals
Long Term Goals With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?