

# lee chiropractic clinic

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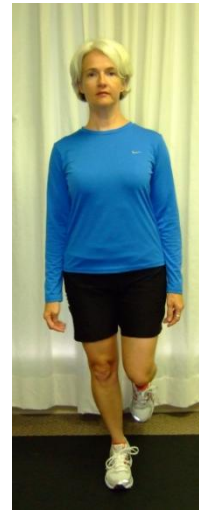
## Balance

### 1. One Leg Stand

In front of a mirror (if possible), stand on one foot. Make sure that posture is upright and hips are level. If this is difficult, perform this exercise in a doorway or behind a kitchen chair for stability. If this is easy, attempt this exercise with your eyes closed. Repeat on the other side.

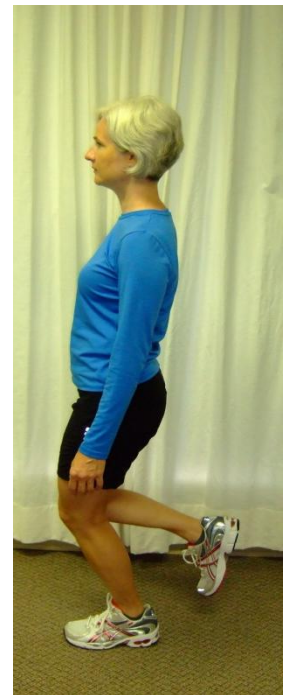
-Eyes Open (hold for 60 seconds)

-Eyes Closed (hold for 60 seconds)



### 2. One Leg Knee Bend

In front of a mirror (if possible), stand on one foot. Ensure that posture is upright and hips are level. Bend your standing leg slightly at the knee, maintaining good posture. You can either hold for 60 seconds, or do 20 up and down repeats. Repeat on the other side.

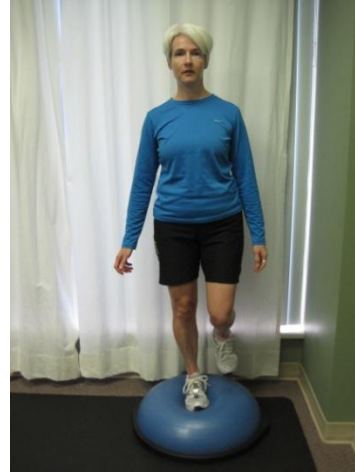
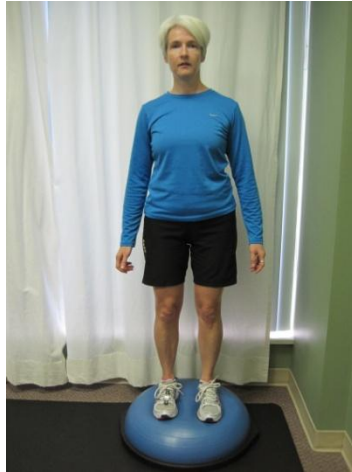


### 3. With BOSU

2 feet, eyes open (hold for 60 seconds)

2 feet, eyes closed (hold for 60 seconds)

1 foot, eyes open (hold for 30-60 seconds)



### 4. Lunges in Place

Standing, take a medium-to-large step forward. Keep weight over back leg. The thigh of the back leg should be vertical OR knee slightly back of vertical. Keep feet in position, raise and lower, repeat 10-20 times.

For an extra challenge, as you drop low in the lunge, twist upper body and arms to the side where the front leg is. Return body to center when rising up from lunge. Switch front and back legs and repeat.

