

SUPPORTED HOLD - EYES OPEN



1. Stand behind a stable chair (no wheels) or counter, rest hands on support.
2. Stand tall with feet shoulder width apart & toes pointing front.
3. Look straight ahead & focus on a fixed, vertical object.
4. With eyes OPEN, stand still for 15-20 seconds.

GOOD FOR

Standing up from a chair
Standing in shower
Brushing teeth
Cooking
Washing dishes

REPEAT

4-5 times daily

TIPS

- Wear supportive shoes with rubber soles
- Weight in feet, not hands
- Don't lock knees
- Keep stomach tight & remember to breathe!
- Put a chair behind you if unsteady

READY FOR MORE?

If stable, lift one or both hands from support – but keep it nearby

Increase standing time by 5-10 seconds