

# SUPPORTED SWAY



1. Stand behind a stable chair (no wheels) or counter, rest hands lightly on support.
2. Stand tall, feet side by side close together, toes facing front.
3. With eyes OPEN, focus on a fixed, vertical object.
4. Slowly shift weight toward heels. Pause. Return to center.
5. Slowly shift weight toward balls of feet without taking a step. Pause. Return to center.
6. Sway slowly back & forth for 20-30 seconds.

## GOOD FOR

Walking on a slope  
Reaching for something  
Keeping balance when stumble

## REPEAT

4-5 times daily

## TIPS

- Wear supportive shoes with rubber soles
- Keep body straight – don't bend at the waist
- Don't lock knees
- Control movement
- Keep stomach tight & remember to breathe!

## READY FOR MORE?

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

Increase time swaying

Raise toes when shifting weight to heels