

Simple Balance Exercises for Older Adults

ThrivePT Academy

Educational Resource for Caregivers & Older Adults

Supported Standing Balance

- Stand holding a chair and shift weight side to side
- Practice gentle heel-to-toe standing with support

Safety Tips

- Always have a sturdy surface nearby
- Stop if dizziness or pain occurs

Disclaimer: This guide is for educational purposes only and does not replace medical advice. No patient-provider relationship is established through use of this material.