



# OCTOBER VESTIBULAR CHALLENGE

## Feet Together, Eyes Closed, On Foam

Stand near a sturdy object, like a couch, sturdy chair, countertop, or kitchen sink.

- Put a foam pad or couch cushion/pillow below your feet.
- Stand on the uneven surface with your feet touching and eyes closed
- Hold this position for up to 30 seconds, repeat three times (it will take you 90-seconds total)
- Use your hands to help you out at the beginning, then let go, if needed.

### Scaling options

Easier:

- Eyes open
- Use your hands to support you for either short or long durations
- Start on a firmer surface

Harder:

- Add in head turns
  - Horizontal, vertical, diagonal



# Balance

# Challenge Tracker

MON	TUE	WED	THU	FRI	SAT	SUN

- Cross off each day you were able to practice your balance exercises!
- There's no failing here, It's just a fun way to measure success, and it's completely optional!
- Have you noticed improvements in your balance?