



DECEMBER VESTIBULAR CHALLENGE

Tandem Stance

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

- Place 1 foot in front of the other (heel to toe)
- Maintain this position for 30 seconds.
- Complete 3 times on each side (Right/Left and Left/Right) for 30 seconds each.



Scaling options

Easier:

- Hold onto a sturdy object with a hand or a few fingers
- Place your toe in the arch of your foot instead of heel to toe.



Harder:

- Add head turns (vertical or horizontal or diagonal)
- Walk in tandem instead of standing in tandem





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?