

Educational Tips – Weekly (5-minutes)

- ☐ See printable scripts in Instructor Resources section

Warm-Up and Range of Motion (5-minutes) - standing or seated

1. March in place
2. Ankle pedal
3. Alternating knee lifts
4. Ankle pedal
5. Alternating toe taps front
6. Alternating knee lifts
7. Hold right knee up: ankle circles
8. Calf raise
9. Hold left knee up: ankle circles
10. Double toe raise
11. Toes fan out-in

Balance Training (15-minutes)

Static balance drills

1. Balance on right foot + left arm combo: tap right shoulder-left shoulder-reach up – down
2. Balance on left foot + right arm combo: tap left shoulder-right shoulder-reach up – down
3. Balance on left foot + bend and rotate towards chair – return to standing tall
4. Behind chair: double calf raise + alternating arm reach
5. Move to other side of chair: Balance on right foot + bend and rotate towards chair – return to standing tall
6. Behind chair: double toe lift

Dynamic balance drills

1. Step up and over right – left
2. Tap right foot front-side-back-knee hold-set; alternate each side
3. Combine above: Right step up and over – hold left knee lift – left tap front-side-back-knee; other side
4. Right foot push front to knee hold + walk in place
5. Left foot push front to knee hold + walk in place

Somatosensory balance drills

1. Right: Hand circle focus balance
2. Left: Hand circle focus balance
3. Right: Eye tracking and head turn
4. Left: Eye tracking and head turn

Strength and Functional Movement (15-minutes)

1. Sit to stand or squats
2. Double calf raise
3. Right side lunge
4. Left side lunge
5. Alternating right/left step back: progress to lunge
6. Hip hinge
7. Right hammer curl to overhead press
8. Left hammer curl to overhead press
9. Right arm row + rotation
10. Left arm row + rotation
11. Right triceps extension
12. Left triceps extension
13. Right woodchop
14. Left woodchop
15. Alternating side squat + overhead press torso rotation

Cool-Down and Final Stretch (5-minutes)

1. Chest opener and upper back stretch
2. Torso rotation
3. Spine flexion and extension
4. Right ankle circle
5. Right hamstring
6. Wide V + alternating shoulder to opposite knee
7. Left ankle circle
8. Left hamstring
9. Wide V + alternating shoulder to opposite knee
10. Focused breathing