

Easy Balance Exercises for Stroke Recovery



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Safety First

Always stand near a wall or stable support.



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Weight Shifts

Slowly shift weight side to side.



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Heel Raises

Lift heels gently while holding support.



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Sit-to-Stand Practice

Stand up slowly from a chair and sit back down.



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Marching in Place

Lift knees gently one at a time.



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Progress Takes Time

Small improvements still count.



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Disclaimer

Consult your physiotherapist before attempting balance training.

