

# ◆ 4 STAGE BALANCE TEST ◆

🕒 AIM: 5-10 SECONDS

🔄 Test on both side

▲ PROGRESSION

(Suitable only for stable elderly individuals)

- Reduce on the hand involvement
- Extend to 15 seconds

## Common Problems

- ✗ Leaning To Much
- ✗ Lost Control
- ✗ Required Support

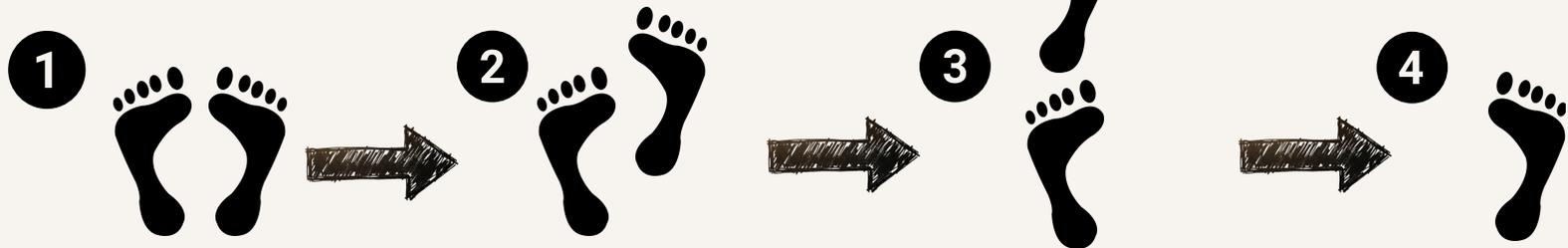
★ Please keep in mind that when you do it★  
《Safety》 Over 《Doing it Right》

### ◆ STAGE 2 《SEMI-TANDEM STANCE》

- Keep your forefoot touching the ball of your heel.
- Maintain your center of gravity in the middle.
- Breathe naturally; don't hold your breath

### ◆ STAGE 4 《SINGLE LEG STANCE》

- Slowly lift one leg when ready
- Maintain your pelvis level.
- Look forward, not at the ground.



### ◆ STAGE 1 《SIDE BY SIDE STANCE》

- Feet shoulder-width apart or close together.
- Keep body upright, looking forward, avoiding looking down or at the ground.
- Hands lightly resting on a table/wall.

### ◆ STAGE 3 《TANDEM STANCE》

- Stand with your heels together, like walking on a balance beam.
- Try not to sway from side to side.