



Central Coast
Local Health District

Healthy Bites Episode 3 – How can I practise balance?

Hello, I'm Dr Tomiko Barrett, a geriatrician from Wyong Hospital.

Each clinic, patients ask me, "How can I improve my balance?"

Firstly, a doctor or physiotherapist needs to look at why you have balance problems. We look at what movements or exercises you can do easily and safely, and what makes you wobble.

Then we design an exercise program to build on what you can do and challenge you a little. This might start with exercises like standing on one leg at the kitchen bench, gradually increasing the time, then standing on one leg with your eyes closed. If you practise frequently you might be able to stand on one leg on a foam cushion catching a ball!

Daily practice will help you feel more confident reaching for things, walking on uneven surfaces; it even helps prevent falls and broken bones!