

General Instructions:

- Complete each exercise 8 to 10 repetitions
- Hold a sturdy object if necessary
- Breathe normally
- Do not perform any exercise that causes you pain or discomfort
- Speak to your exercise therapist for another option.

ANKLE ROTATION

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Rotate the ankle clockwise
- Repeat counter-clockwise



TOE LIFTS / HEEL LIFTS

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Lift the heels off the floor, then release slowly until the heels reach the floor
- Lift the toes upward, then slowly lower them until toes reach the floor



SINGLE LEG STANCE

- Stand with your feet together
- Place hands on the back of a chair or ledge in front of you
- Lift one foot off the ground and bend the knee and bring the heel towards your bottom
- Hold this position for 3 seconds

Progression: Repeat exercise while slowly turning the head side to side



STAGGARD STANCE

- Stand with your feet hip-distance apart
- Step forward with your right foot, the closer your feet are together the harder this exercise will be
- Find an optimal foot width position to challenge yourself for the duration of the exercise
- Hold this position for 3 seconds
- Change your leg position to repeat on the opposite side



CLOCK TAPPING

- Stand with your feet hip-distance apart, holding onto a sturdy object for balance if necessary
- Picture a clock drawn on the floor, 12 being in front of you and 6 being behind you
- Balance on your left foot
- Tap your right foot in a clockwise direction starting at 12 and heading to 6
- Now balance on your right foot
- Tap your left foot in a counter-clockwise direction, starting at 12 and heading to 6



Progression: Complete the full clock circle, crossing over the standing leg to reach 3:00 and 9:00

RUNNING MAN

- Stand and balance on 1 leg, holding onto a sturdy object for balance if necessary
- Lean forward and bring your other leg back behind you to tap the floor.
- Bring the same side arm forward as shown during the movement.
- Return to starting position and repeat.





COPD PROGRAM BALANCE TRAINING PACKAGE