

The position of our Feet Matters – it's our base of support

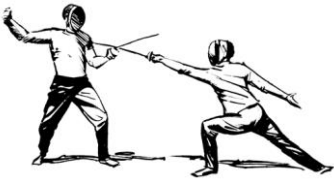
Tips to improve stability



A narrow base makes it harder to balance.

It can be caused if your toes curl down or up, you have pain in your feet or you stand with your feet too close together .

Take care of your feet, move your toes and see if you can keep all toes down when standing.



Widen your base with your feet in a staggered position Imagine a “bow and arrow stance” or “warrior stance” “Pharaoh stance”

- It is easier to shift your weight forwards and backwards improving stability.
- It improves your back mechanics and maintain a neutral spine that can decrease back pain.
- It helps with step initiation (first step).
- Improves stability in standing after rising from a chair.

Examples when a staggered stance may help you.

- Everyday activities: raking, shoveling, gardening, vacuuming...
 - When in motion, rather than twisting or bending at your waist, place one foot ahead of the other in the direction you are raking - this allows for a natural shift forwards and backwards. And when pulling the leaves, keep the rake close to your body to avoid any unnecessary loads on your spine.
- Reaching above head to get a box out of the closet
- Opening a heavy door
- Reactive balance: feel more stable with perturbations such as being bumped when standing in a crowd
- During sit to stand, helps initiation of walking after standing up

Environmental Modifications

- Consider grab bar near closet for safety while reaching
- Lower the clothes bars or shelving
- If able, reduce tension on doors with automatic closing mechanics

Door Opening Safety

Counterbalancing Reminder Vertical Grab next to Door

Counterbalance while reaching-one hand on stable object such as bathroom counter or doorjamb of closet

Door Opening Safety

Counterbalancing Reminder



Vertical Grab next to Door

