

# EAST TEXAS SINUS AND DIZZINESS CENTER

**RONALD G. MORTON, MD, FAAO/HNS**

DISEASES OF THE EAR, NOSE, AND THROAT  
HEAD AND NECK SURGERY  
DIPLOMATE - AMERICAN BOARD OF OTOLARYNGOLOGY

901 Pegues PL  
Longview, Texas 75601  
(903) 212-4399

105 West 20th Street  
Mt. Pleasant, Texas 75455  
(903) 717-8765

## Postural Control Exercises for Balance

Do the following in a safe place such as next to a corner or with your back to a corner wall. Do not wear shoes. Bend at hips and knees slightly, arms across chest. Do these twice a day for 10-20 minutes/seconds.

1. Stand with your feet together with your eyes open.
2. Stand with your feet together with your eyes open while turning your head from side to side.
3. Stand with your feet together with your eyes closed.
4. Stand with one foot partially in front of the other with your eyes open.
5. Stand with one foot partially in front of the other with your eyes open while turning your head from side to side.
6. Stand with one foot partially in front of the other with your eyes closed.
7. Stand with one foot in front of the other with your eyes open.
8. Stand with one foot in front of the other with your eyes open while turning your head from side to side.
9. Stand with one foot in front of the other with your eyes closed.
10. Stand on only one foot with your eyes open.
11. Stand on only one foot with your eyes open while turning your head from side to side.
12. Stand on only one foot with your eyes closed.

Ankle sways:

On the floor, sway back and forth from the ankles. Do not bend at the hips.