

Balance Program

Knee Bends



- Hold on to a counter for balance.
- Stand up straight.
- Place your feet shoulder-width apart.
- Bend your knees slightly, about 1/4 of a squat.
Do not do a full squat.
- Hold for _____ seconds.
- Then straighten your knees.
- Repeat _____ times.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.