

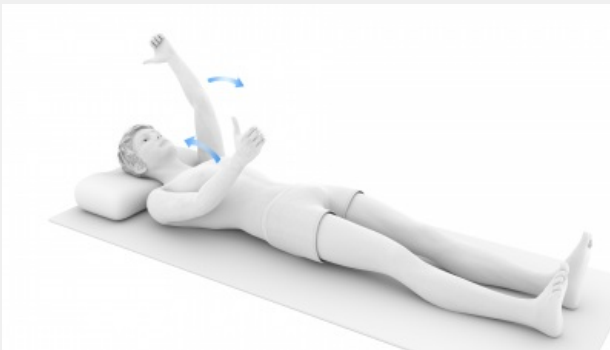
Exercise 1 of 3 - Guidance to center position

Starting position

Supine.

Execution

Alternately swing your right and left arm upwards/backwards and downwards/forwards.



Repeat

Free number of times

Exercise 2 of 3 - Guidance to center position

Starting position

Sitting on stool in front of mirror with palms facing each other at chest height 1-2 dm in front of body.

Execution

Bring hands/arms out to either side, facing the mirror, and back again.



Repeat

Free number of times

Exercise 3 of 3 - Guidance in postural control

Starting position

Standing in front of a mirror with a cane in her hands in a vertical position behind her back and head.

Execution

Let the back of the head and the back rest against the stick and straighten the body. Stand for about 30 seconds.



Repeat

1 time