Teeter Totter Chair Stands

Get Ready

Sit Tall at front of chair, feet on floor. Heels behind knees & lifted

The Moves

Lean Back

Lean Forward

Stand Up!

Think of a playground swing. Connecting the movements of leaning back and forward generate momentum . . . upwards Lean back, lean forward, stand up!

Be Safe

Use a sturdy chair and/or hand railing. Stop or adapt activity if uncomfortable.

Available in Able Bodies Balance Training, page 167

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