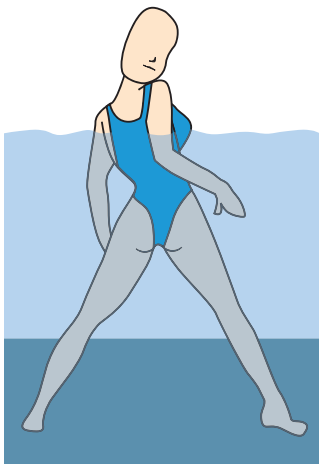
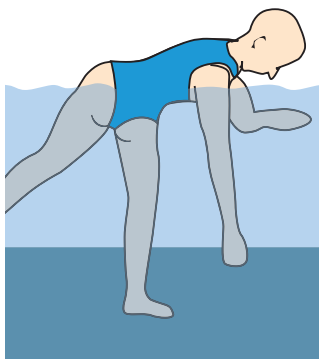


Standing up and turning around to look behind challenges balance.



For people with balance issues, bending over is a real challenge.



The bend-and-dip move helps patients regain lost balance.



A simple chair in the pool can become a great balance exercise.



ILLUSTRATIONS BY NICK ORABOVIC