



Co-funded by the  
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## **Seniors to sport court, not to hospital**

### **BALANCE AND VESTIBULAR EXERCISES**

Balance and vestibular exercises are a system of exercises making use of motion in unstable postures, mainly standing on one foot or standing at the lower base. The exercises help interconnect the vestibular apparatus with stabilizing muscles in pelvic area and the whole lower limb and also involvement of deep stabilizing abdominal muscles.