The next part of the treatment was focused on balancing skills. After giving clear instruction regarding the exercise, the assistant had the patient balance on a beam. Throughout the activity, the PT assistant maintained continuous communication with the patient and corrected her whenever she loses her balance hold onto the wall. The corrections were meant as mental and psychological support for the patient to ensure she maintains correct physical movement thus, improving her sense of balance. Afterwhich, the PT assistant moved the patient on a Dyna disk and had her perform calf or heel raises as part of the muscular strengthening aspect of their PT regime. Following this, the PT assistant had the patient perform step-up exercises on a small block by starting with specific instructions to begin with her left leg first and end with the same leg for 2 sets of 10 repetitions. After the second set, the PT assistant asked the patient to repeat the exercise by switching the primary leg. After the step-up, the patient did bi-lateral heel raises in a seated position for 2 sets of 10 repetitions. Throughout the exercise routine, the PT assistant constantly asked the patient if there are any discomfort, pain, or cramps on her legs yet the patient insisted she was fine thus accomplishing all of the involved exercises in the PT routine.