

## Basic Balance Exercises rehabilitation stage- balance

### CAUTION

No exercise programme should be undertaken without the approval, instruction and monitoring of your chiropractor.

Our sedentary lifestyles and the sensory deprivation caused by wearing shoes, walking on carpets and sitting much of the time, has effected our sense of balance, sense of body position and movement. This has made us more prone to faulty movement patterns, poor posture, flat feet, spinal pain, injuries and balance problems.

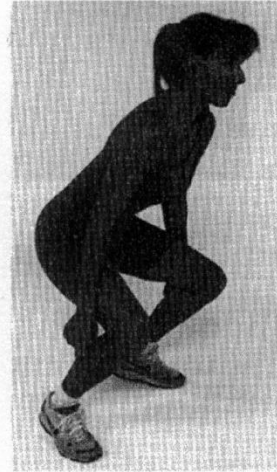
Practise each movement for at least 30 seconds on each side twice daily. Do not practise to fatigue. 15 minutes daily is ideal. For certain conditions upto 30 minutes a day is required to acheive positive results. As you master the exercises discuss progressing the exercises with your doctor of chiropractic.



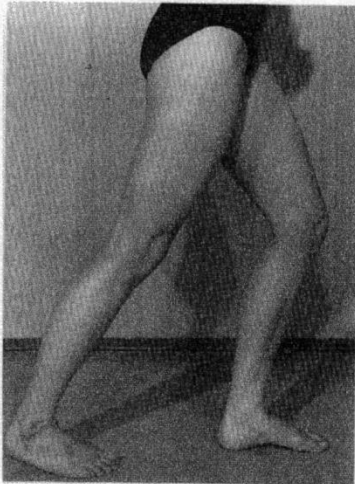
In the sitting position make a "short foot" by shortening and narrowing the foot whilst keeping the toes relaxed. The short foot helps sensory information from the foot, improves posture and increases stability of the body. It also increases the spring of the foot which helps with shock absorbtion. Then practise the short foot standing.



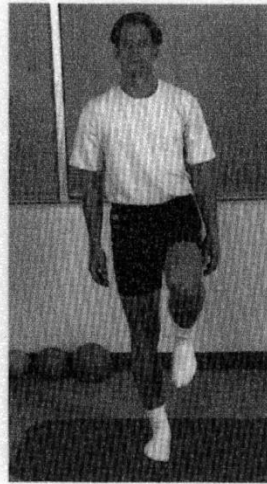
In standing, make a short foot, feet parallel and slightly a part. Allow the body to sway forwards and backwards keeping the heels on the floor and the trunk and legs in alignment. Control the range so as not to fall.



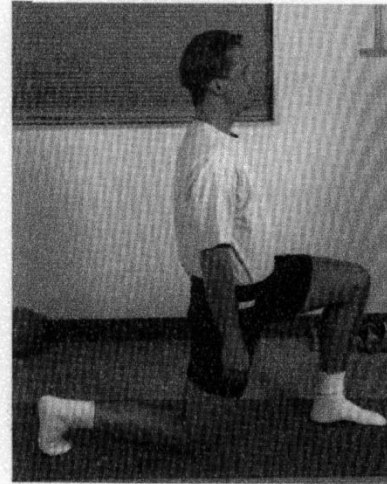
In standing, make a short foot. Bend the knees to 20-30 degrees, feet are over a shoulder width apart and knees slightly apart. Allow the body to sway forwards and backwards keeping the heels on the floor and the trunk and legs in alignment. Control the range so as not to fall.



Assume a half step forward stance. Make a short foot. Allow the body to sway forwards and backwards keeping the heels on the floor and the trunk and leg in alignment. To increase the challenge somebody can push on the pelvis and or shoulders on all these exercises. Also try the exercises with eyes closed.



Stand on one leg. Make a short foot. Once you can do this for 30 seconds without hopping, holding onto anything or putting your other foot down try with your eyes closed. To increase the challenge practise on an unstable surface such as a mattress. Also try getting somebody to push on your pelvis and or shoulders. Try drawing out the alphabet upper and lower case with your foot.



Practise lunges applying the short foot instructions. These are useful for stabilising knees and hips and helping prevent falls caused by incoordination. A lunge works by improving muscle reaction and control.

