

## **Wobble Board & Balance Beam: rehabilitation stage- balance**

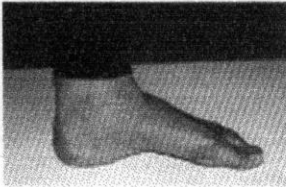
### **CAUTION**

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 use faulty movement patterns, poor posture, flat feet, spinal pain, injuries and balance problems.

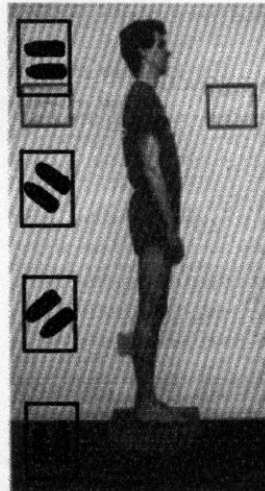
Practise each movement for at least 30 seconds on each side, twice daily. Do not practise to fatigue. 15 minutes daily is ideal. For certain conditions upto 30 minutes a day is required to achieve positive results. As you master the exercises then discuss progressing the exercises with your doctor.

1.



Make a short foot. Visualise the spine elongating and becoming wide. Make sure the weight is balanced between the front and back and between the outside and inside of the foot. Allow the tail bone to drop so the lumbar becomes less curved. Make sure the ankles, knees, hips, shoulders and ears are all in line vertically. Allow the back of the neck to lengthen and that the shoulders are wide.

2.



Stand on the rocker board and apply the short foot and posture instructions. Initially the arms can be held wide to balance or you can hold on to something. Alter the exercise by changing the position of the feet. Once your balance becomes good try the exercise with your eyes closed. When you have adapted the exercise can be done on a wobble board. You can either aim to stand still or to rock forwards and backward

3.



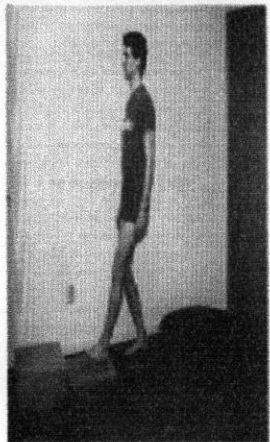
Standing on one leg increases the difficulty. Once you have adapted to this, additional challenges can be introduced by someone standing behind you and gently pushing in different areas of the body. Advance the exercises by doing them with eyes closed. The exercise can be further advanced by trying to draw out the alphabet with the big toe in upper and lower case.

4.



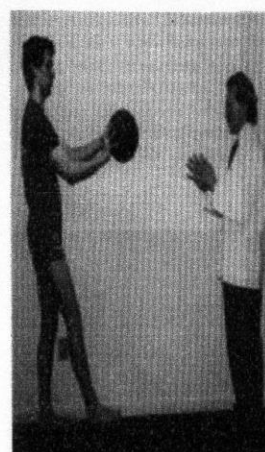
The programme can be made more difficult by walking on a balance beam.

5.



A progression of several balance and wobble boards and a mini-trampoline can make the exercise more dynamic. Again the difficulty can be increased by doing the exercise with eyes closed.

6.



To increase the exercise further balls of various sizes can be used to improve co-ordination and balance. The exercises can be made to be sport specific.

