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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.

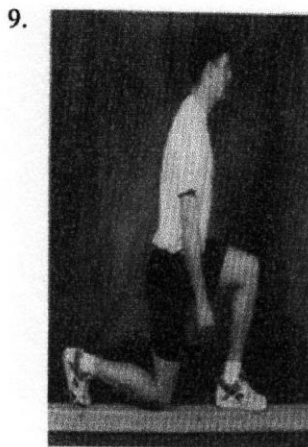
Practise each movement for at least 30 seconds on each side, twice daily. Do not practise to fatigue. 15 minutes daily is ideal. For certain conditions upto 30 minutes a day is required to achieve positive results. As you master the exercises then discuss progressing the exercises with your doctor.



The wobble board exercise can be made more complex by resistive tubing exercises. This is optimal training for the activities of daily life.



As balance improves resistance can be applied using a wooden dowel and/or weights. More advanced balancing is done using one leg. This can be made more difficult by drawing out the alphabet with the foot.



Lunges can be performed on a flat stable or unstable surface with the eyes open or closed. The activity chosen may be changed to reflect work or sport related activity.



Other exercises performed on a balance beam include walking side to side, front and backward walk, front and backward lunges, and dynamic and/ or static squatting. Exercises can be done eyes open and eyes closed. Resistance can be applied with dowels, balls or resistive tubing. Playing catch whilst balancing is an excellent way of increasing balance skill.



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