

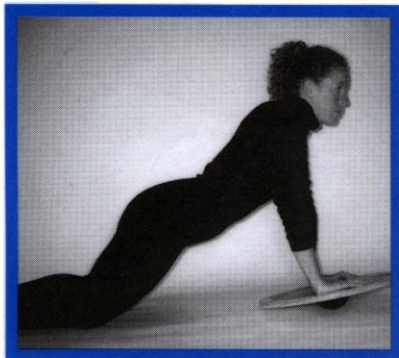
Wobble Board Exercises 1 rehabilitation stage- balance

CAUTION

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

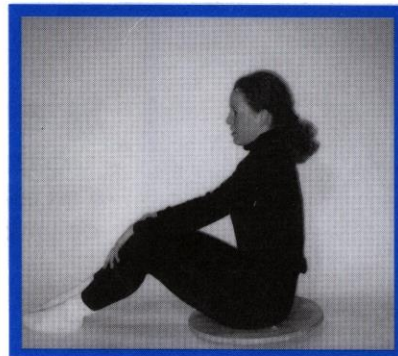
Our sedentary lifestyles and sensory deprivation caused by wearing shoes, walking on carpets and sitting much of the time, has affected our sense of balance, sense of body position and movement. This has made us more prone to faulty movement patterns, poor posture, flat feet, muscle imbalance, joint wear, injuries and balance problems. These directly lead to much of the spinal, head and limb pain epidemic in our society.

Practise each movement for at least 30 seconds on each side, twice daily. Do not practise to fatigue. 15 minutes a day 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.



Balanced
Push Up

1



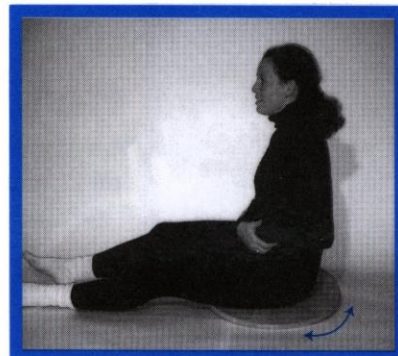
Balanced
Sitting

3



Rotational
Push Up

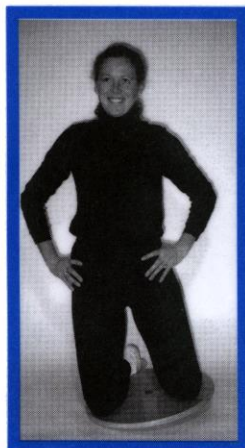
2



Rotational
Sitting

*Sitzen
assis
sentado*

4



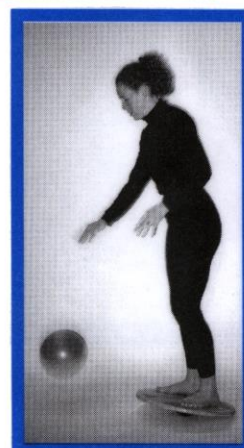
Kneeling

5



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Eyes
Closed

6



Motor Skill
Training

7

