

Louis T Westerbeek BSc, DC, CCEP, Doctor of Chiropractic

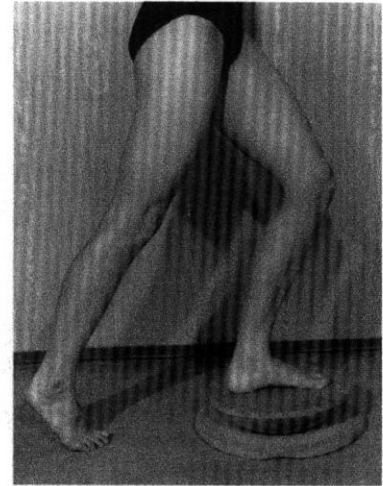
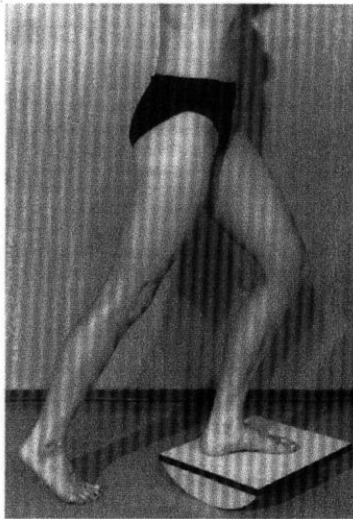
**Wobble Board & Balance Beam:
rehabilitation stage- balance**

CAUTION

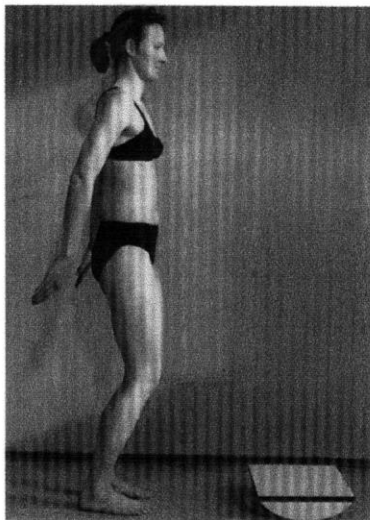
No exercise programme should be undertaken without the approval, instruction and monitoring of your chiropractor.

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 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.



Lunges can be performed, first on a firm floor, then on a rocker and finally on a wobble board. Fast lunges accelerate reaction and control and are effective for preventing knee injuries and in particular falls due to incoordination.



The programme continues with jumps, again on bpth legs on a firm floor. Progression include performing on one leg, on labile boards, and/or trampoline.



Back-in-Action Chiropractic Clinic - Pain Relief, Rehabilitation, Performance & Wellbeing
28 Cop Lane, Penwortham, Preston, Lancs, PR1 0SR

Tel: 01772 749245 E-mail: reception@back-in-action.com Web: www.back-in-action.com