

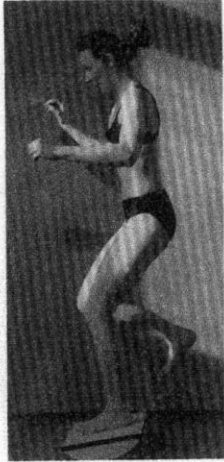
Wobble Board & Balance Beam: rehabilitation stage- balance

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.

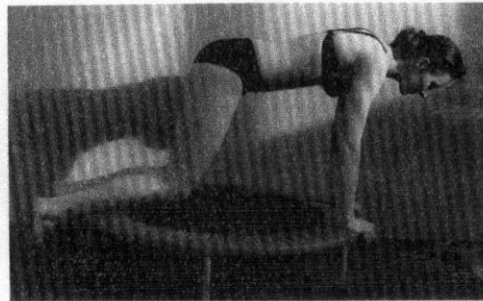
Practise each movement for at least 30 seconds on each side twice daily. Do not practise to fatigue. 15 minutes daily is ideal. For certain conditions upto 30 minutes a day is required to acheive positive results. As you master the exercises discuss progressing the exercises with your doctor of chiropractic.



One legged jumps are demonstrated.

Pushes toward the pelvis, trunk, shoulder, in different directions, significantly increases balance skills.

Balance shoes. A small foot must be maintained. Posture of the head, shoulder and pelvis should be carefully controlled. Practise in front of a mirror if necessary. Short, quick steps should be taken. The feet should be held parallel. Side bedding or shifting should be avoided. 1-2 minutes, several times a day are sufficient. Support can be used initially.



The fitter emphasises lateral hip stabilisation.

The minitrampoline is a useful device. Jogging or jumping activates proprioceptors. It also protects joints acting as a shock absorber. Exercises can be performed whilst sitting (eg abdominal strengthening) and on all fours (good for an increased spinal curvature with osteoporosis).

