

Balance/Coordination Exercise

GOAL: Duration 30 seconds

To improve your proprioceptive sense of balance.

There are three aspects in your body that control and bring a sense of balance to the body (proprioception): ocular receptor (eye), labyrinth (inner ear) and mechanoreceptors (in the skin, joints, muscles and tendons). By correcting head position we can help normalize the vestibular apparatus (ear) as this informs the brain of the head's position and works to keep it perpendicular to the ground. The eyes provide the brain information regarding the body's relationship to the horizon. By closing your eyes, it puts greater challenge on the mechanoreceptors, which provide information of the orientation of the head with respect to the body to maintain equilibrium.

Instructions: Starting Position

Place the back of a chair in front of you for reference and support if needed. Stand with eyes open comfortably with feet apart & knees with a soft bend. Concentrate on body balance: positioning of feet, knees, hips and shoulders.

Action (Stage 1)

With attention on body position, close your eyes. Practice standing with eyes closed to challenge your balance for up to 30 seconds. Try to avoid holding on to chair if possible. Repeat daily. Once mastered, move on to Stage 2

Action (Stage 2)

Repeat above exercise with only one foot on the ground. Keep hands free of chair and begin with eyes open, then eyes closed. Your goal is to attain 20 seconds with the eyes closed on each foot. Repeat daily.



***NOTE:**

If appropriate firing sequence cannot be attained with movement try going through the actions without lifting your thigh until appropriate gluteus isolation is possible or attempt same action in a standing position.