



SINGLE-LEG BALANCE

Balance on one leg. As you improve, try closing your eyes.

SETS & REPS:

FREQUENCY:



STANDING ON A PILLOW

Maintain your balance while standing on a pillow. As you improve, try closing your eyes.

SETS & REPS:

FREQUENCY:



SINGLE-LEG PILLOW BALANCE

Maintain your balance while standing on one leg on a pillow. As you improve, try closing your eyes.

SETS & REPS:

FREQUENCY:

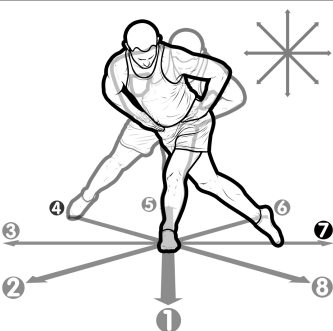


SINGLE-LEG BALANCE BALL HOLD

Stand on one leg with knee slightly bent and weight through the ball of your foot. Make sure your pelvis stays level and knee does not angle inwards. Maintain this good alignment as you hold a ball with both hands in front for 30 seconds. Change legs and repeat. Progress by passing ball around your waist or under other knee. Repeat.

SETS & REPS:

FREQUENCY:



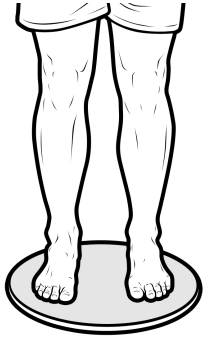
STAR BALANCE

Place one foot on the centre of the star. While maintaining your body weight on this leg and the knee held steady, tap the toes of your other foot as far as you can down the line in front of you (1). Return to single-leg standing then tap your toes as far as you can down the next line (2). Work your way clockwise (anticlockwise for right leg rehab) around the star points (3-7).

SETS & REPS:

FREQUENCY:

BALANCE EXERCISES

**WOBBLE BOARD: DOUBLE-LEG BALANCE**

Maintain your balance while standing on a wobble board, ensuring the rim of the board does not touch the floor. As you improve, try closing your eyes.

SETS & REPS:

FREQUENCY:

**WOBBLE BOARD: SINGLE-LEG BALANCE**

Maintain your balance while standing on one leg on a wobble board. Ensure the rim of the board does not touch the floor. As you improve, try closing your eyes.

SETS & REPS:

FREQUENCY: