



Tel: (065) 6840757

## Balance and Proprioceptive Exercises

### Standing

- ⇒ Single leg 30 - 60 secs
- ⇒ Single leg on balance cushion.
- ⇒ Arms out in front shoulder high – leg out behind
- ⇒ Arms out in front shoulder high – leg out in front
- ⇒ Arms out to sides – leg out to side

### Heel raises

- ⇒ Together – slow descent with soft landing
- ⇒ Alternately

### Hopping

- ⇒ Feet together
- ⇒ Scissor hops – alternate legs in lunge position
- ⇒ Side hopping – over cone, soft landing on toes
- ⇒ Single forward hop, hold and hop forward onto other leg
- ⇒ Single diagonal hop, hold and hop diagonally to other leg
- ⇒ Single leg hopping to corners of square or triangle
- ⇒ Jog around square / triangle. Push off outside foot but maintain alignment of body when leaning over (no sideways dipping). Build up speed. Repeat reverse directions
- ⇒ Jog square but reverse in a circle on the spot to go around the corner

### Theraband exercises

Wrap band around front of foot – knee straight

- ⇒ Inversion – turning foot inwards
- ⇒ Eversion – turn foot outwards