



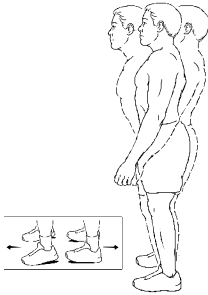
Routine For:
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02-24-2012
Balance Exercises

TWO-LEG STAND - 15 Anterior / Posterior Sway

Stand in neutral posture. Keeping head in neutral position, rock back and forth, toes up then heels up.

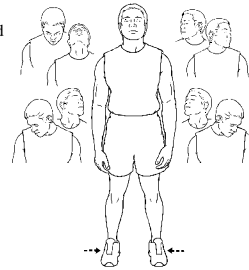
Rock 10 times.
Do 3 sets.



 Do with eyes closed.

TWO-LEG STAND - 14 Narrowing Stance: Eyes Open – Varied Head Position

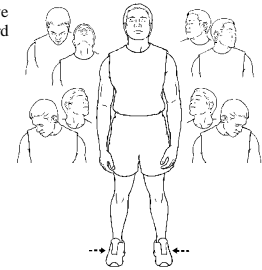
With eyes open, move head and neck: forward and back; side to side; diagonally high-to-low then low-to-high on each side. Then bring feet closer together. Repeat sequence until feet are touching.



Repeat 10 times.
Do 3 sets.
Do 2-3 sets per day.

TWO-LEG STAND - 14 Narrowing Stance: Eyes Shut – Varied Head Position

With eyes closed, move head and neck: forward and back; side to side; diagonally high-to-low then low-to-high on each side. Then bring feet closer together. Repeat sequence until feet are touching.



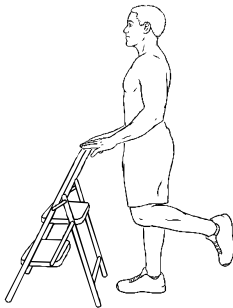
Repeat 10 times.
Do 3 sets.
Do 2-3 sets per day.

ONE-LEG STAND - 1 With Support

Stand on one leg in neutral spine holding support. Hold 5-10 seconds.

Repeat on other leg.

Do 10 repetitions,
3 sets.

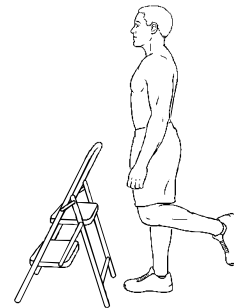


ONE-LEG STAND - 2 Without Support

Stand on one leg in neutral spine without support. Hold 5-10 seconds.

Repeat on other leg.

Do 3 repetitions,
3 sets.

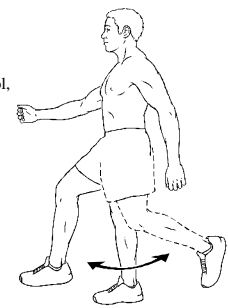


ONE-LEG STAND - 14 Swing: Anterior / Posterior

Standing on one leg, swing other leg forward and backward, under control, 10 times.

Repeat with other leg.

Do 3 sets
per session.
Do 6 sessions
per week.

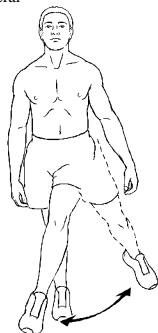


ONE-LEG STAND - 15 Swing: Lateral

Standing on one leg, swing other leg side to side, under control, 10 times.

Repeat on other leg.

Do 3 sets per session.
Do 6 sessions per week.

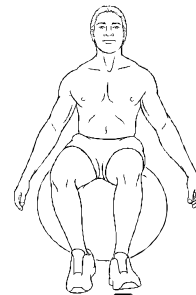


STABILITY BALL - 2 Lateral

Sit on ball, feet together, knees at right angles. Slowly transfer weight to one leg and lift other off the floor. Maintain neutral spine. Hold 5-10 seconds.

Repeat to other side.

Do 10 repetitions,
3 sets.



STABILITY BALL - 5 Kneeling

Kneeling on ball, maintain neutral spine. Hold 10 seconds. (Use assistance for support until competent and secure.)

Do 10 repetitions,
 sets.

 Advanced: Add one arm movement.
 Advanced: Add head movements.

