

Balancing

(Proprioception Level 1)

Why Do This Exercise?

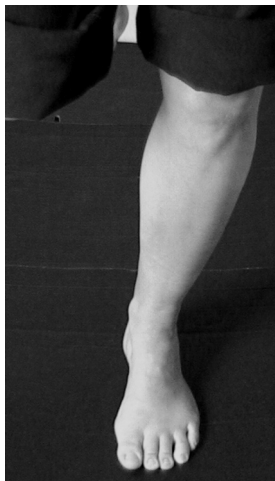
To coordinate the muscles which you have been strengthening.

How To Do This Exercise?

1. Stand with your feet comfortably apart.
2. Brace your stomach muscles by sucking in your belly button (remember to keep breathing).
3. Slightly bend your right knee and keep your weight to the outside of your foot.
4. Take left leg off ground and balance.

How Often?

Hold for secs each leg 1 2 3 times daily



NOTE: Use the back of a chair or a doorway if you feel unsteady. It may help to fix your gaze to an object on the wall or floor.