

Balance and Stabilization

This exercise is used to increase balance and stability in the lower leg:

- For the instructions the right foot is the standing foot and the left foot is the moving foot.
- Stand on one foot, body upright and head looking forward. Moving foot starts in a neutral position, toes resting on the floor.
- Aim to keep the base of your standing foot big toe, little toe and front of heel on the ground at all times. This is your *foot triangle* and a solid base of support and stability.
- Reach out with the moving foot as far as you feel comfortable and can maintain control of the movement. Wobbling is okay, but do not hold on to anything for support.
- Move through the 6 different directions doing each one 5 times.
- It's not about speed, but control. Going slower is better.
- As you get better at the exercise you will feel more stable, you will not "touch" down with your foot as much and you will not feel the need to reach for support.
- Keep your waist level and don't allow your hip to drop. This will help to strengthen the outside glutes of your standing leg

6 directions:

1. Front – reach your foot (left) directly forward 5x
2. Back – reach your foot directly behind you 5x
3. Left Side – reach your foot directly to your left side 5x
4. Right Side – reach your foot directly to your right side 5x (cross in front)
5. Rotate Left – reach your foot back to you left 5x
6. Rotate R – reach your foot around to the outside of your standing foot 5x

Positions:

1. Standing – foot touches the ground in 6 directions and returns to neutral position
2. Standing – foot elevated at ankle height 6 directions
3. Leg swings 6 directions (forward/back; side/side; rotate L/rotate R)
4. Hops 6 directions (as above)

Repetitions and Sets:

- Do 3 sets of 5 reps on both feet
- If you find it fatiguing do one direction on one foot then the other rather than all of the direction on one foot.



Balance & Motion
MASSAGE THERAPY

Paula Burchat BA, RMT, ART certified

50 HUTCHISON AVENUE, OTTAWA, ONTARIO, K1Y 4A3 CANADA ~ 613.301.3131 ~ paula@balanceandmotion.ca
www.balanceandmotion.ca