

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

www.awarehealth.com.au

Balancing Exercises

ONE LEG STANCE



Stand on affected leg/ankle with the other knee bent & raised. Hold position for 1 minute, rest for approx 10-20 secs and repeat 3x. Then repeat the same for the other leg.

ONE LEG STANCE WITH ARMS OUTSTRETCHED



Stand on affected ankle/leg with the other knee bent and raised. Lift arms out to sides and hold position for 1 minute, rest for approx 10-20 secs and repeat 3x. Then repeat the same for the other leg.

ONE LEG STANCE TOUCHING NOSE WITH EYES CLOSED



Start by standing on affected ankle/leg with arms out-stretched. Close your eyes, then touch your nose with your forefingers. Hold position for 1 minute, rest for approx 10-20 secs and repeat 3x. Then repeat the same for the other leg.

The following basic exercises are effective for retraining proprioception (an awareness of the position of one's body in space affecting balance) in injured weight bearing joints, such as the knees and ankles, resulting from sprains. Progressive proprioceptive exercises to help reduce the risk of injury are available.

Please contact your Remedial Therapist to personalise your exercise program.

© Aware Health



Isn't it time for a positive change in your life?
Massage is one of the safest and most enjoyable ways
to promote good health and well-being.
So why not let us help you feel better.