



# FISIOTERAPIE PHYSIOTHERAPY

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## Proprioception and Balance Training

### 1. Stability

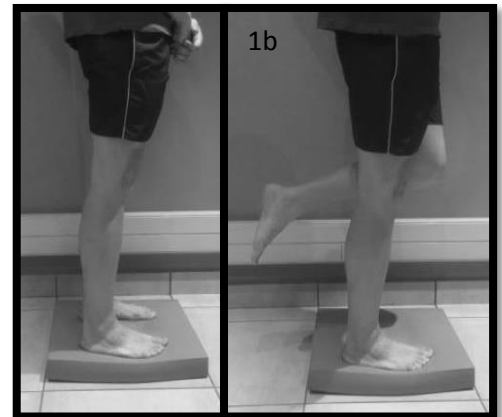
#### a. One leg balance

1. Stand on your healthy leg. Keep your eyes open. Attempt to keep your balance for 1 minute. Repeat 3 times.
2. Now stand on your painful leg. Keep your eyes open. Attempt to keep your balance for 1 minute. Repeat 3 times.
3. Repeat steps 1-2 with your eyes closed.



#### b. Exercise Mat/Half balls

1. Stand with both legs evenly spaced on the exercise mat. Keep your eyes open. Attempt to keep your balance for 1 minute. Repeat 3 times.
2. Stand with your healthy leg on the exercise mat. Keep your eyes open. Attempt to keep your balance for 1 minute. Repeat 3 times.
3. Now stand with your painful leg on the exercise mat. Keep your eyes open. Attempt to keep your balance for 1 minute. Repeat 3 times.
4. Repeat steps 1-3 with your eyes closed 3 times.
5. Then repeat steps 1-3 while trying to throw/catch a ball.



#### c. Balance Board

1. Repeat/progress the same as with b) exercise mats.

#### d. Trampoline

1. Repeat/progress the same as with b) exercise mats and c) balance boards.

#### e. Rhythmic stabilisation

1. While standing on the balance board or mats.
2. Loop the theraband around your waist.
3. Try to keep your position while your therapist/partner tries to pull you sideways, backwards or forwards by pulling gently on the theraband.



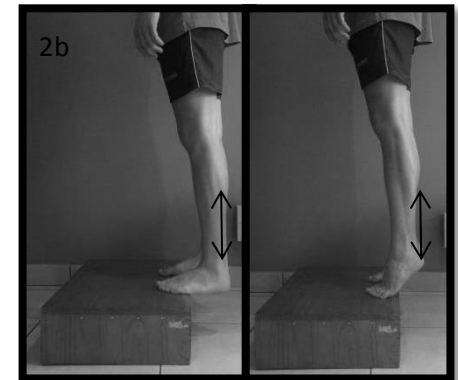
## 2. Calf raises

- a. Floor
  1. Stand with your knees slightly bent.
  2. Push up on your toes.
  3. Slowly lower your heels.
  4. Once this is comfortable try with one leg.
- b. Step
  1. Stand with your knees slightly bent.
  2. Push up on your toes.
  3. Slowly lower your heels up to 90°.
  4. Once this is comfortable try with one leg.



## 3. Hopping both legs

- a. Forward
  1. Stand steady on both legs. Find your balance.
  2. Jump slightly forward.
  3. Make sure to land with your knees slightly bent.
- b. Backwards
  1. Stand steady on both legs. Find your balance.
  2. Jump slightly backwards.
  3. Make sure to land with your knees slightly bent.
- c. Sideways
  1. Stand steady on both legs. Find your balance.
  2. Jump slightly sideways.
  3. Make sure to land with your knees slightly bent.



## 4. One leg hop

- a. When you are able to comfortably hop on both legs, repeat steps as above first on your healthy leg and then on the painful leg.
- b. Start this exercise in a pool and then progress onto dry land.
- c. Always remember that this exercise should be pain free and not cause any pain.

