

Sensory Motor Balance and Proprioception Retraining

Shortening your feet: <https://www.youtube.com/watch?v=kPCIQdnaLmg>

Do all activities barefoot on a carpeted surface. Before beginning balance exercises, perform all of your stretches to symmetry, especially gastroc, soleus and plantar fascia.

1. **Practice Shortening Both Feet.** Hold 10 sec
 - a. Sitting. Try not to let the hamstrings, gastroc, or toes fire.
 - b. Standing. Feet aligned with the hips, neutral pelvis, trunk erect, both knees slightly flexed.

2. **Do the following activities with ideal arch, neutral pelvis, trunk erect, both knees slightly flexed, practice shortened feet.**

Standing on one leg, 30 sec goal

- a. Eyes open, arms down
- b. Eyes open, arms crossed
- c. Eyes closed, arms down
- d. Eyes closed, arms crossed

Standing on two legs, 90 sec goal

- a. Eyes closed, flat surface
- b. Eyes open, uneven surfaces
- c. Eyes closed, uneven surfaces

DO NOT PRACTICE TEETER TOTTERING!!! Hold as long as balance is rock-solid.

1. **Standing** - feet aligned with the hips, practice slightly squatting, keep heels on surface, gradually increase to semi - squat (up to 90 degrees)
2. **Standing on one leg** and practice squatting. Hold for 15 sec
 - a. Eyes open, arms down
 - b. Eyes open, arms crossed
 - c. Eyes closed, arms down
 - d. Eyes closed, arms crossed
3. **Half kneeling** - one knee down , one knee up. Hold for 15 sec
 - a. Eyes open, arms crossed
 - b. Eyes closed arms crossed
4. **Standing on a rocker board or rebounder.** Hold for 15 sec
 - a. feet parallel about one foot apart, shift weight from side to side bringing trunk over each foot.
 - b. One foot placed a sort step in front of the other, shift weight from back to front, alternate feet.
 - c. Do both with eyes closed
5. **Walk on the floor/balance beam** - place one foot directly in front of the other (heel to toe), done first with eyes open then with eyes closed.
6. **Walk on the floor/balance beam** - place one foot directly behind the other (toe to heel), done first with eyes open then with eyes closed.