

## Balance Training- Progression

**Goal:** Balance training is used to improve motor control, postural control, sensory weighting and safety. It is important to work on a progressive program in order to challenge these systems.

**Consider:** Whole body activities that work many of the aspects of balance such as dance, boxing, yoga, Tai Chi.

**Safety:** Always consider safety when completing balance activities. Ensure a safe environment before starting a new activity. If you are uncertain then contact your PT.

**Parameters:** Use a single challenge and adding other challenges as you improve. You should have success but still feel challenged. Work at the appropriate level.

Static: Challenge your balance while keeping your feet in one stable position. Master 60 seconds for static challenge and then progress the exercise.

Dynamic: Challenge your balance & posture by moving one part of your body to alter your stability. Master 10-20 successful repetitions for dynamic activity.

Progressions: See below for a progressive training program.

### Alter your foot position:

- 1) Normal stance
- 2) Feet together
- 3) Staggered stance
- 4) Tandem stance
- 5) Single leg stance



### Changing your vision:

- 1) Turn head (vary visual input)
- 2) Eyes closed or change in lighting
- 3) Eyes closed with head turns

## Surface

- 1) Solid surface
- 2) Unstable surface
  - a) Towel
  - b) Foam
  - c) Balance board/BOSU



## Dynamic Movements (may need to vary foot position for challenge):

- 1) Shift your weight from side to side & forward/backward
- 2) Move your legs such as: walking a line- forward/backward.
- 3) Forward & lateral lunge
  - a) Progress to stepping on unstable surface.
- 4) Rotate your trunk.
- 4) Use technology to further train & challenge balance in a safe way.

**Return to PT:** It is recommended that you see your physical therapist for regular check-ins every 6-12 months to monitor and progress your exercise. If a change occurs in your walking, balance, or fatigue with exercise, you can reach out to your PT sooner by calling 312-238-1000 to reconnect.