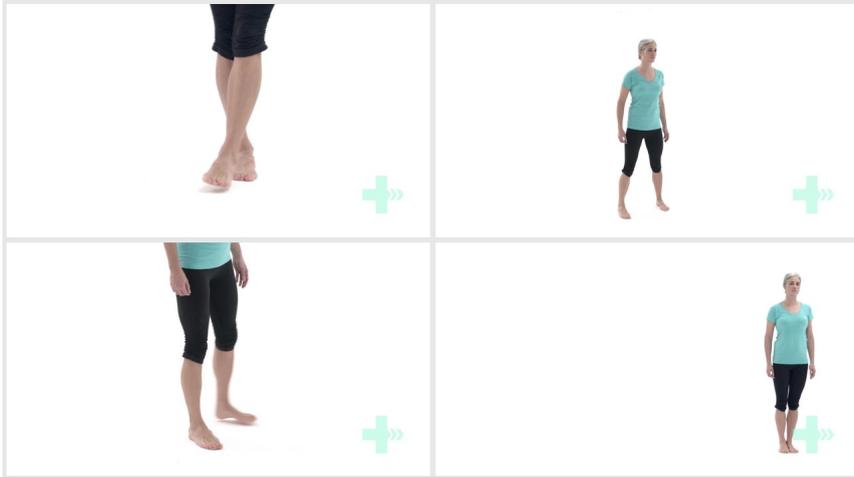


Better Health Nutrition & Fitness
 WA

1. Grapevines



Stand with your legs hip-width apart.

Step one leg out to the side, and then step the second one across and in front of the first leg.

Step the first leg out to the side again, and step the second one across and behind the first.

Repeat this sequence.

Once you reach on end, go back the other direction.

Remember, you won't need to turn around.

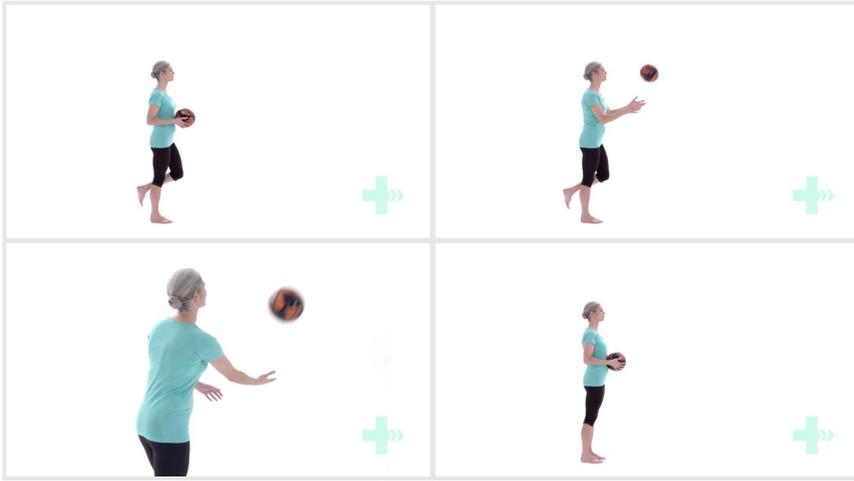
2. Single leg stance, head turns



Stand on your affected leg.

Turn your head to one side then the other, trying to balance on one leg for as long as you can.

3. Single leg stance, bouncing a ball against a wall



Stand up straight in front of a solid wall holding a ball.

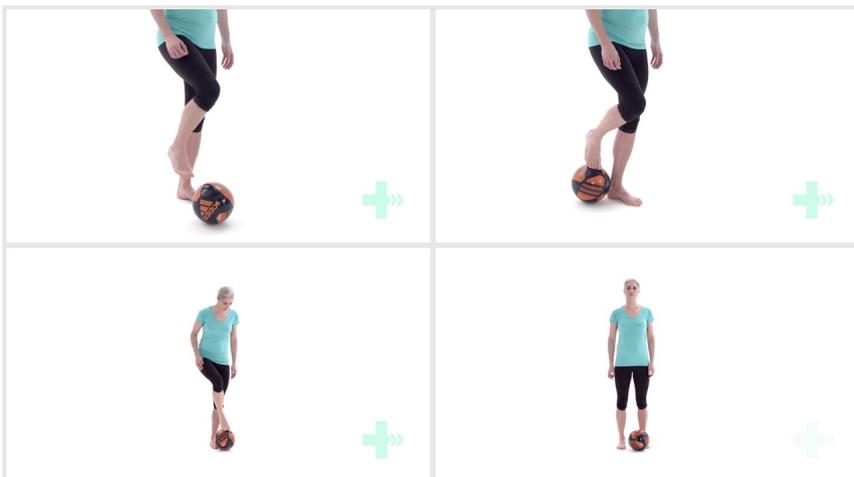
Stand on your weakest leg and get your balance, ensuring you do not rest your elevated leg against the stance leg.

Bounce a medium sized ball against the wall, hard enough so you can catch it.

If this is difficult to do with both arms, then use your strongest arm.

Try changing the direction of your throw, so you have to lean to catch it.

4. Standing balance, rolling a ball 360 degrees

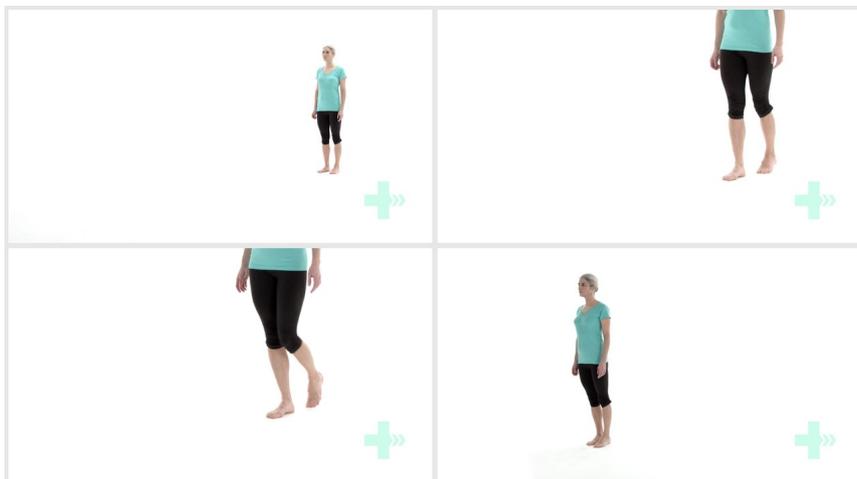


Stand up straight and place a ball under one foot.

Roll the ball completely around your stance leg, so that you end up in the starting position.

This exercise can help to strengthen the leg you are standing on, and help with your balance and coordination.

5. Tandem walking with head turns



Stand up straight with a clear path in front of you.

Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.

Walk along this line as if you are walking a tightrope, whilst slowly turning your head from side to side.

Try to maintain your balance and keep your feet stepping in the middle of the line

As you feel more confident, increase the speed of your head turning.

6. Tandem walking whilst throwing and catching



Stand up straight with a clear path in front of you.

Imagine a straight line on the floor extending away from you, or place a straight line of tape along the floor.

Walk along this line on the floor as if you are walking a tightrope.

Throw a tennis ball up into the air and catch it again whilst continuing to walk in a straight line.

1. Grapevines



Prescription/Date:																				
1 Set																				
4 Reps																				

2. Single leg stance, head turns



Prescription/Date:																				
1 Set																				
5 Reps																				
10 s Hold																				

3. Single leg stance, bouncing a ball against a wall



Prescription/Date:																				
1 Set																				
4 Reps																				

4. Standing balance, rolling a ball 360 degrees



Prescription/Date:																				
1 Set																				
4 Reps																				

5. Tandem walking with head turns



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1 Set																				
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