

Balance at Home & in the Water

Challenge: SL stance - how many heel lifts can you do in 20sec? Are left and right the same?

1 Set / 1 Rep



1. Toe taps forward and backward - on a step

Stand up straight behind a single step.

Place your affected leg onto the step.

Slowly step up, lifting your good leg up and over the step.

Tap your toe on the floor on the other side of the step.

Bring your good leg back up and over the step, tapping your toe back on the floor where you started.

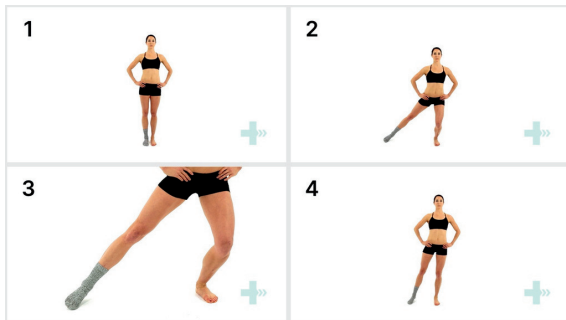
Your weight will remain on the affected leg throughout this exercise.

The slower you perform this movement, the harder the exercise is.

Ensure the knee on your affected leg points forward throughout the movement.

Can also be done standing on the ground.

2 Sets / 10 Reps



2. Lateral slide with sock

Wear a sock on your good leg.

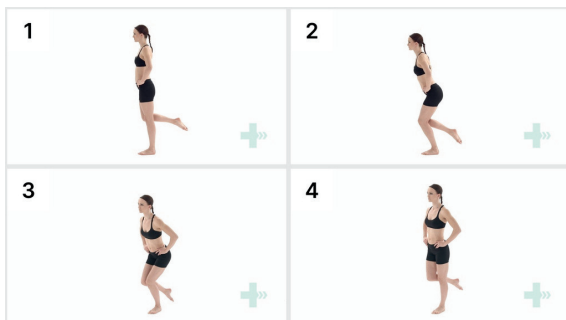
Let your foot slide out to the side, bending the knee on the affected side.

Make sure your knee travels directly forwards over your toes and the heel stays on the floor.

Control the movement as you straighten the knee back up again and bring the other leg back in.

Keep your body up straight throughout this exercise.

2 Sets / 10 Reps



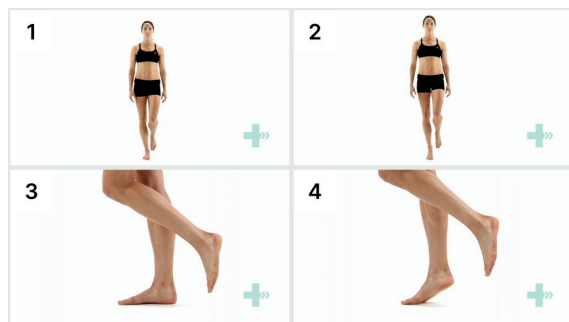
3. Single-leg squat

Stand near a wall or table for support if you need it.

Balance on your affected leg.

Keeping the heel on the ground, bend your knee, ensuring the knee travels directly forwards over your toes.

Straighten back up fully, and repeat the movement.



4. Single leg calf raise on floor

Stand on your symptomatic leg.
Maintaining your balance, rise up on to your toes so the heel comes off the floor, keeping your knee straight.
Control the movement back to the start position, and repeat.

Look up and down as you do this.



5. Heel raise with fast rebound bilateral on step

Stand up straight on a step with your heels off the edge.
Stand with your feet parallel with the floor.
You may want a wall or a sturdy table in front of you for support.
Quickly drive through the balls of your feet to raise your heels up as though you are about to jump but not quite.
Control the movement as you lower your heels back down at a fast pace.
Just before your heels reach the start position, repeat the movement quickly.
Ensure you continue at a steady, powerful pace.
Do not allow your heels to drop below the step.



6. Tandem walking

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.
Try to step each foot just in front of the toes of the other foot.
Try to maintain your balance, and keep your feet stepping in the middle of the line.

Also do backwards