

# Better Balance Exercises

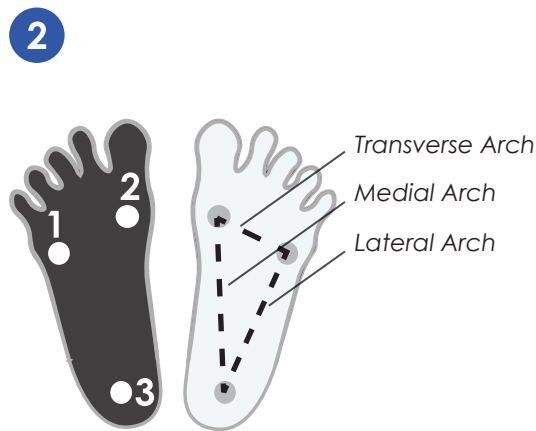
Everyone needs to work on maintaining their balance. You can think of your balance as an orchestra. All parts must be in good condition and then practice together regularly to work successfully. If one aspect is weak, that will impact your overall stability. Follow the exercises to boost your balance and start moving the way your body was designed to. Regardless of your level, focus on the quality of your movement. **To start, reconnect with your body.**

## Toe Splay, Your Tripod, and Lateral Pressure

Your feet are important because they are the main contact with your environment.

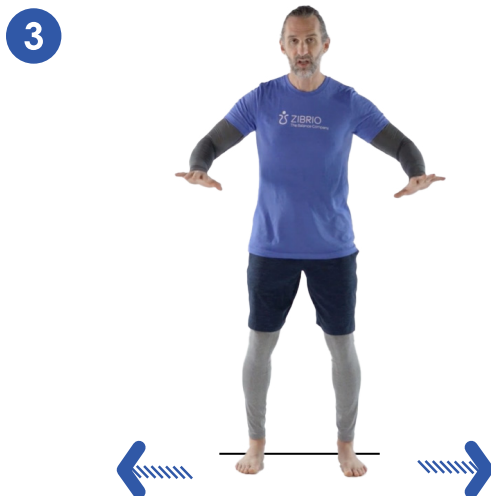


**Toe Splay.** While standing, splay your toes as wide as you can. **Feel and grip the ground.** You now have a larger area of contact with the ground.



**Tripod.** Your feet have 3 points of reference with the ground - tripods. The tripod comes from the 3 arches in each foot.

When you rock slightly forward, you will feel the front 2 points of contact. If you rock slightly back, you will feel the 3rd point in your heel. **Become familiar with your tripods.**



**Lateral Pressure.** This is the force your glute muscles and legs exert toward the floor as you stand. Think of it as pushing down and away-as if you are trying to break the floor apart.

**No movement is involved here. Focus on exerting the force on the ground.**

## Elevation

Practice maintaining your stability on your front 2 tripod points.



Rock forward slightly and continue to grip the ground. You will feel your weight shift forward. Exert lateral pressure and push the floor away so that your **heels lift off and you elevate**. Only elevate to the degree that you feel comfortable and safe. Try to hold the elevated position for 3 seconds.



Then, **slowly pull yourself back down** and re-engage your feet tripods. Do this 3 to 5 times.

## Safe Variation

You can also do this with a chair for more support and work your way up until you only need the support of your fingertips and finally when you no longer need the chair for support.



## Back Rock

Practice maintaining your stability on just the back point of your tripod of each foot.



Start by placing a chair in front of you. The chair acts as a safety measure in case you need to hold on for support. You can prepare for the exercise by lightly holding the top of the chair's backrest.



Slowly begin to rock back. This movement is **very subtle**. You can keep your hands above the chair in case you need to hold on at any given point. You only have to move so far that your toes will splay, your quads will turn on, and your knee caps will raise. **Your weight will just be on your heels** and you will have lost the 2 points of the tripod in the front.



Come back to center. Re-engage and find your stable tripod on each foot. Repeat the Back Rock exercise 3 to 5 times.

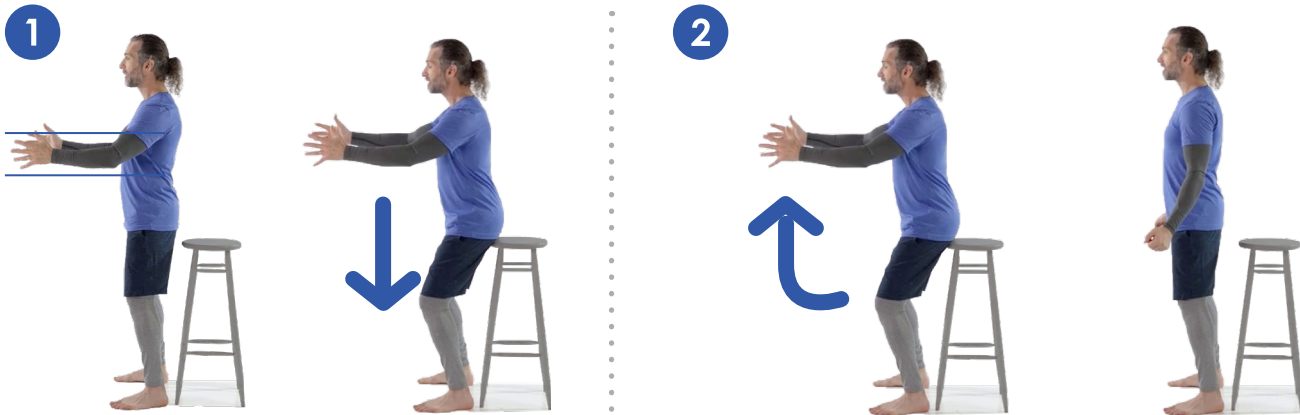
### Challenging Variation



If you feel comfortable with this, you can take it a step further. Rock back and **raise your feet**. Keep it challenging but keep it safe - use a chair or wall for support.

## Sit to Stand

Leg strength is extremely important for good balance. To set up, find a stool to place behind you. To make this exercise more difficult try doing it with a chair instead.



Raise your arms in front of you at shoulder height. Then pull yourself down as you sit down on the stool. Feel the support of the stool.

Now you will stand. As you rise, push the floor away and find your center when you reach full standing position. Repeat this for 30 seconds.

## Chin Glides

You will be allowing your cervical spine to glide forward and backward. You can do this exercise while standing or sitting. You should do the exercise very subtly, carefully, and smooth. **There should be no discomfort during the exercise.**



Pull your chin back as if it were gliding backwards across a table. **Do not tilt your head back or pull your chin down.** Do this 5 times. You can shake it off and start over if needed.