

4 EXERCISES FOR BETTER

BALANCE

SENSORY BATH ⁰¹

1. Sit on a comfortable surface where you have easy access to your feet
2. Grab a vibrating toothbrush, neuro-wheel, or paintbrush
3. "Brush" your feet in long circular movements using your modality of choice paying special attention to the bottom of your feet and any spaces that you experience numbness in
4. Continue for 30 - 60 seconds, repeat 3 times per day



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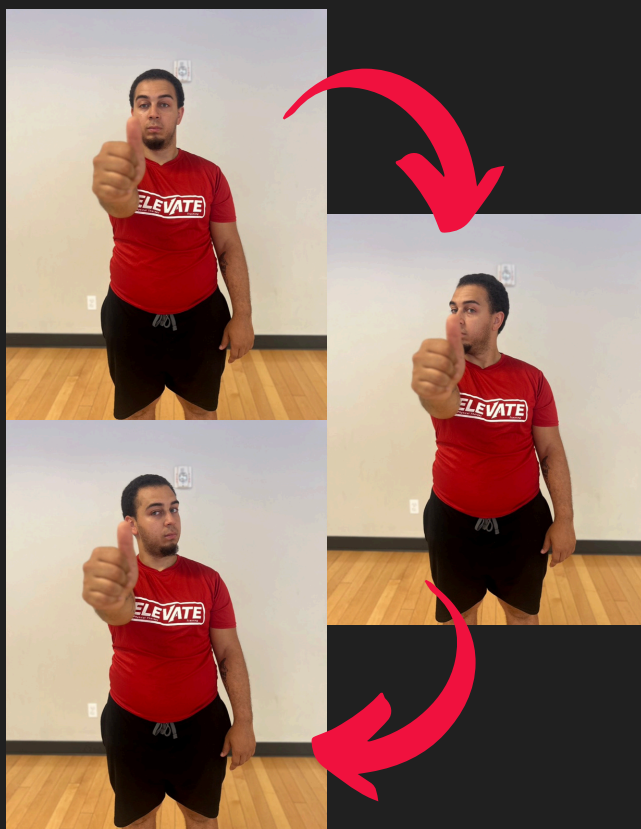
ANKLE MOBILITY

1. Start with your feet underneath your hips
2. Allow one ankle to roll out so that the inside part of your foot raises up off the ground
3. Repeat for 8-10 reps then switch feet, repeat 3 times per day
4. Move your feet to just wider than your shoulders
5. Lean your weight to one side as you allow the outside of your opposite foot to raise up off the ground
6. Repeat for 8-10 reps then switch feet, repeat 3 times per day



VESTIBULAR OCCULAR REFLEX ⁰³

1. This drill may cause dizziness so you may start it seated and progress to standing
2. Begin with a straight and tall spine and holding your thumb out in front of your nose with your elbow straight
3. Keeping both of your eyes on your thumb, begin to slowly shake your head "no" (back and forth)
4. Repeat for 8-10 reps, once per day
5. Keeping your thumb in the same spot, now begin nodding your head "yes" (up and down)
6. Repeat for 8-10 reps, once per day



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SIT TO STAND

1. Start by sitting in a chair with your feet under your knees
2. Begin to shift your weight forward so that your shoulders are over your knees
3. Drive through your glutes and legs as you come to standing
4. Check for dizziness before beginning to sit back down
5. Sit back by reaching your glutes behind you as you slowly lower yourself to the chair
6. Stop this exercise if you experience dizziness
7. Otherwise, repeat 8-10 reps; 3 times per day