

Balance and Mobility Training

Importance of Balance and Mobility

- Balance is the body's ability to maintain upright at rest or in motion
- Mobility is the ability to move easily through a joints range of motion
- Balance and mobility can improve quality of life through making activities of daily living easier, preventing falls, maintaining independence later in life, and improved posture.

Balance and Mobility Guidelines

- Balance and mobility should be practiced at least twice a week, with daily practice being the most beneficial
- Balance and mobility exercise can include postural exercises, yoga and stretching, strength training, and aerobic exercise.
- Exercises should be challenging but still manageable



Safety Guidelines

- Warming up for 5-10 minutes before balance and mobility training with light activity, such as walking, prepares the body for movement and reduces the risk of injury
- Always engage your core throughout the exercise
- Start small and progress gradually
 - For balance exercise, begin by aiming for 5-10 seconds of balance
 - When stretching, avoid strain
- Practice in a clear, safe environment
 - Ensure there are no obstacles
- Always have something to hold on to nearby, such as a wall or a sturdy chair

Balance Exercises

Balance Tips

- These tricks can be helpful for maintaining balance!
 - Try to focus on a fixed point in front of you
 - Engage your core by drawing your navel to your spine
 - Use your arms for counterbalance by extending them out to the side slightly
 - Move in a slow and controlled manner through the movement
 - Focus on your breathing - do not hold your breath
 - if necessary, hang on to a wall or a chair to maintain balance at first

Single leg stand

- Begin standing upright with your feet hip width apart and your arms relaxed at your sides
- Engage your core by drawing your navel to your spine
- Shift your weight to your right foot while keeping your knee slightly bent
- Slowly lift your left leg off the ground.
- Hold this position for 10 seconds, remaining as still as possible
- Lower your leg and repeat on the other side



Rear leg raise

- Stand with your feet hip width apart and your arms at your sides
- Engage your core by drawing your navel to your spine
- Slowly raise one leg behind you, keeping your leg straight and your toes pointed towards the ground
- Hold for 10 seconds
- Lower your leg and repeat on the other side



Standing March

- Stand with your feet hip width apart and engage your core
- Slowly lift your right knee up towards your chest until it is about hip height
- Hold for 5 seconds
- Slowly lower your leg and repeat on the other side
- Repeat 5 times each side



Heel-Toe Walk

- Stand with your feet together.
- Engage your core and shift your weight to your left leg
- Lift your right leg and place your right foot so that your right heel is touching your left toe.
- Repeat so that left leg is in front.
- Walk like this for 3-5 metres.



Tree Pose

- Begin standing with your feet hip-width apart
- Shift your weight to your left foot and bend the knee slightly
- Lift your right foot, bend your right knee and bring the sole of your right foot to the ankle, calf, or inner thigh of your left leg
- Avoid placing your foot on the knee joint
- Hold in place for 5-10 seconds
- Lower your right foot and repeat on the other side



Mobility Exercises

Shoulder stretch

- Keeping your arm straight, cross it over your body
- Hold your arm in place with your other hand, either above or below your elbow
- Hold for 15-30 seconds, then switch sides



Overhead tricep stretch

- Reach both arms directly overhead
- Bend your right elbow so that your right hand is reaching for your right shoulder
- Take your left hand and gently place it on your right elbow
- Hold for 15-30 seconds, then switch sides



Chest stretch

- Extend both arms out to the side, palms facing forwards and elbows slightly bent
- From there, squeeze your shoulder blades together, stretching your chest
- Hold for 15-30 seconds



Quad stretch

- Standing, shift your weight to one leg and bend your other knee so that your heel is reaching towards your bottom
- Grab your foot with your hand and keep your knees together
- Hold for 15-30 seconds and repeat on the other side
- May also be performed lying down



Hamstring stretch

- Seated in a chair or on the floor, extend one leg out in front of you. Try to keep your leg as straight as possible and flex your foot so your toe is pointing to the ceiling
- Keeping your back straight, reach forward and try to touch your toes. Stretch as far as possible without straining
- Hold for 15-30 seconds, then switch sides



Figure 4 Stretch

- Sit in a chair or on the floor with your legs at a 90 degree angle and your feet flat on the floor.
- Lift one leg and place your ankle on top of your other knee.
- Hold for 15-30 seconds. For a deeper stretch, lean forward slightly.
- Repeat on the other side



Standing Calf Stretch

- Stand with your feet hip width apart
- Step forward, bending your front knee and keeping your back leg straight
- Keep both heels flat on the floor
- Hold for 15-30 seconds and repeat on the other side

