



## **Balance (Proprioception) Exercises**

Balance can easily become impaired after any injury to the lower limb. This is because the nerve endings that send information about our joint position to the brain to help us balance sit in ligaments and muscles. When the joint, ligament or muscle is injured, this information often doesn't get through as quickly. This is why a joint can feel unstable or as if it will give way. It is important to retrain our balance reactions to prevent further injury.

It is easy to retrain balance (proprioception) with the following exercises done little and often throughout the day. For example, whilst cleaning your teeth or waiting for the jug to boil.

- Balance on the affected leg with your eyes open for as long as you can

Ensure you perform the exercise at your kitchen bench or an area with something to hold on to if necessary.



### **PROGRESSIONS**

- Have your eyes closed
- Try to perform small knee bends \_\_\_ times on \_\_\_ leg / both legs
- Whilst balancing on \_\_\_ leg bounce a ball in front of you /throw a ball against a wall.
- Balance on a cushion to create an unstable surface

Ideally you should be able to be able to balance for \_\_\_ seconds on your affected leg with your eyes closed.