

Proprioceptive Balancing Exercises

Proprioception is essential for movement; if disturbed, then an individual's reflexes, voluntary movement, and overall balance could severely diminish or weaken. The following exercises teach your body to control the position of an injured joint.

Exercise 1: Balancing on Flat Ground**

Stand with your feet hip distance apart. Raise either knee to a 90-degree angle and balance on one foot for 10 seconds. Return foot to the floor and repeat on opposite side.



Exercise 2: Balancing on Uneven Ground**

Stand with your feet hip distance apart. Raise either knee to a 90-degree angle and balance on one foot for 10 seconds. Return foot to the ground and repeat on opposite side.



Exercise 3: Balance while Dipping**

Stand with your feet hip distance apart. Raise either knee to a 90-degree angle and balance on one foot for 10 seconds while slowly sinking down through your hips towards the floor. Return foot to the floor and repeat as necessary.



****You may need to hold onto a wall or chair until you feel comfortable with the exercise****