

Courtyard Clinic in Malmesbury Balance Challenge 2020

When thinking about fitness, balance is equally as important as strength, endurance and flexibility. The following series of exercises are designed to help you progress from simple, stationary balance exercises to more challenging, dynamic movements.

When attempting these balance exercises, please ensure you have adequate supervision and you are in an environment which ensures you can support yourself if required. The quality of your movement is very important. Exercises should be completed without excessive wobbling, touching the floor or facial strain!



Chiropractic, Physiotherapy, Sports Massage, Pilates

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<u>Assessed Exercise</u>	<u>Scoring scale</u>	<u>Achieved ✓/x</u>
<u>1) Standing unsupported</u>	<p>I can't, I have to hold onto something</p> <p>I can stand for up to a minute but then I get tired/need to hold onto something</p> <p>I can stand indefinitely, I'm confident and don't lose my balance</p>	
<u>2) Standing eyes closed</u>	<p>I can't close my eyes and keep balanced</p> <p>I can hold my balance, eyes closed for up to 20 seconds</p> <p>I can hold my balance, eyes closed for over a minute</p>	
<u>3) Standing feet together</u>	<p>I am unable to place my feet together and hold my balance</p> <p>I can hold my balance for up to a minute</p> <p>I can hold my balance with my feet together, eyes closed for over a minute</p>	
<u>4) Tandem stance</u>	<p>I am unable to stand with one foot in front of the other</p> <p>I can maintain the position both sides and hold my balance for up to 30 seconds</p> <p>I can maintain my balance whilst swinging my arms and/or closing my eyes</p>	
<u>5) Standing on one leg</u>	<p>I can't stand on one leg for any amount of time</p> <p>I can stand on each leg one at a time for up to 30 seconds</p> <p>I can stand on either single leg whilst closing my eyes for up to 30 seconds</p>	
<u>6) Dynamic one leg standing</u>	<p>I can't stand on one leg whilst moving my arms</p> <p>I can stand on R leg, L arm above head. Move L arm to side and back whilst turning head to R. I can repeat above on opposite side</p> <p>I can stand on one leg, move other leg out to side then across body, both sides, with eyes closed</p>	