

Dr. Phil Good's Personal Workout Program

Balance Exercises

*Balance exercises are best done barefooted (to get maximum feedback from the mechanoreceptive system) and on a firm, non-slippery surface. If you have poor balance, it is recommended that you start by doing all of the exercises shown on a flat surface without a wobble board, rocker board, or other balance-challenging device. As your balance improves, you may begin incorporating such devices, starting with the less challenging ones such as rocker boards which only move in one plane of movement.

Wobble and Rocker Boards



Balance Calf Raises

Two Legged Wobble Board Calf Raise



Proper foot placement on the board is very important to beginning the exercise and you may wish to have someone or something (a wall or sturdy piece of furniture) to hold onto to both help get in a good starting position and to catch your balance if you need to during the exercise. You'll need to position yourself so that the balls of your feet are pretty close to the pivot point of the board – if you start too far forward, the edge of the board will hit the floor as you raise up. I usually do 50 repetitions of these for my short abdominal and balance exercise sessions.

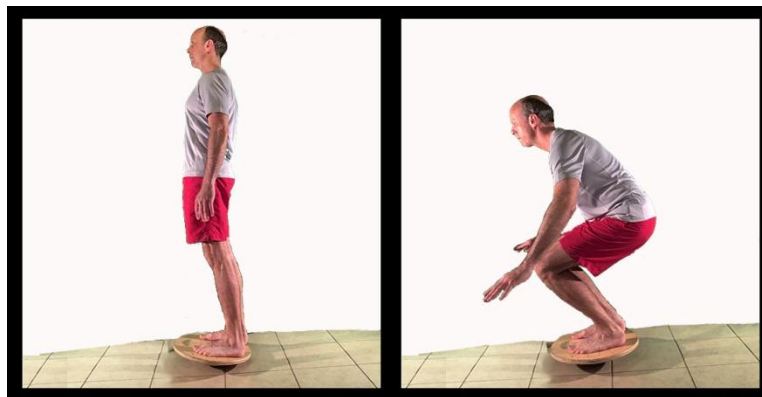
One Legged Wobble Board Calf Raise



Foot position on the board is even more critical for this one than for the two-legged version, particularly on a wobble board (as compared to a rocker board). You'll want the ball of your foot between your first (big) toe and second toe pretty close to the exact center of the board to keep from tilting too far in any direction. I usually do 10 of these on each leg during my supplemental workouts.

Balance Squats

Two Legged Wobble Board Squat / Knee Bends



For this one, you'll want the balls of your feet slightly forward of the pivot point of the board, and as with the calf raises, it's a good idea to have something or someone you can reach out to and catch your balance if you need to. As with the modified squats in my resistance workouts, I only go down to a 90 degree bend in the knee to reduce stress on the joint. I usually do 50 repetitions of these during my balance exercise sessions.

Single Leg Squats / Knee Bends



I have tried doing these on wobble and rocker boards, but have found them to be too easy to lose balance on to be reasonably safe, so I no longer do them with any sort of balance challenging device. I usually do 10 of these on each leg during my balance workouts.

Single Leg Chair Raises



I usually do these on my weight bench, but any secure seating (that won't slide out from under you) on which your legs are bent approximately 90 degrees when seated will work. You start by crossing one leg over the other as shown. Slide your support leg inward a little so that it's lined up with the center of your body and then slowly stand up (without pushing up with your arms), hold for a moment in the upright position, then lower yourself slowly to the seated position. Switch legs and repeat. I usually do 5 to 10 of these on each side during my balance exercise sessions.