



# Balance and Proprioception

➤ Always remember to breathe!

➤ Stop if you feel pain.

➤ Stretch slowly.



## Ankle Circles

Stand tall, activate your core. Lift one leg slightly off the ground and make circles with your foot. Repeat 10 times clockwise and anticlockwise. Repeat on other side.



## Toe to Heel Rocks

Stand tall, rock forward onto your toes and then back onto your heels. Toes to ground, toes to sky. Repeat 10 times.



## Leg Outs

Stand tall with good posture, activate your core. Lift one leg directly out to the side (keep your body upright) squeezing your glute muscles. Repeat 10 times on each side.



## Balance Stretch

Stand on one leg (near something safe for balance). Place one leg out straight in front of you with toes pointing to the sky. Hold for 15 seconds. Repeat on the other leg.



## Calf Stretch

Stand with one leg far forward and the other leg extended back. With both feet positioned forward. Lower body forward by bending your forward knee only. Keep both heels on the ground. Hold for 15 seconds, repeat with opposite leg.



## Quad Stretch

Stand and touch wall for balance. Grasp top ankle or foot of one leg, pull forefoot to your buttocks. Keep knees aligned, hold stretch for 15 seconds. Repeat with opposite side.



## Glute Stretch

Stand and place one foot on the other leg just above the knee with knee bent out to side. Lean down, lowering torso towards thighs. Hold stretch for 15 seconds. Repeat with opposite leg. Feel stretch in buttocks.

### IMPORTANT!

Information regarding stretches and exercise on this smart card is of a general nature only. You should consult your physician or other health care professional before attempting any of the stretches or exercises on this smart card or before starting any exercise or fitness program to determine if it is safe or right for you. Stretching and exercise is not without risk of injury and the risk of injury is increased if you or your family have a history of high blood pressure or heart disease; if you smoke; if you have ever experienced chest pain; if you have high cholesterol; if you are overweight or obese; if you have bone or joint problems; or previous injuries or pre-existing conditions or abnormalities. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Published October, 2018



every body, every mind

Content by



VITALITY WORKS

Sanitarium Workplace Health