

BETTER BALANCE COMPREHENSIVE TOOLBOX

SESSIONS 43-50

WARM-UP

Neck (from a seated position):

o Head turns:

- Turn the head, taking the nose to one side as you inhale.
- Exhale and move the nose to the other side, keeping the chin level as you move the head.

o Retractions:

- Place hands behind the head.
- Gently slide the chin back and press the head into the hands.
- Release.

Back/Shoulder Blades:

- o Extend the arms overhead in a high-v, holding the resistance band with slight tension.
- o Slowly lower the resistance band by reaching it toward the back wall and bending the elbows.
- o Continue lowering the arms, straightening the elbows if possible as the arms come into a low-v.
- o Slowly reverse the move.

Arms:

- o Choose seated, wall, chair, or floor push-ups.
- o Keeping elbows in at the sides, lower slowly.
- o Push away with the arms to extend fully.

Core:

- o Sitting at the front of the chair, pull the core muscles in and lean back slightly (pulling the naval in to protect the lower back).
- o Extend the arms straight to the front.
- o Lift one leg and hold.
- o Slowly reach the arms to the ceiling, then circle back, around, and return to the front.

REPEAT

4-5x on each side

5-7x

3-5x

5-10x

3-5x circles on each side

BALANCE 1

Feet:

o Toe stretch:

- Extend one leg straight out in front, flexing the foot, and pressing out through the heel.
- Spread the toes as far apart as possible. Release.

5x with each foot

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<u>o Circles:</u> ▪ Extend one leg straight out in front, flexing the extended foot. ▪ While making a large circle with the big toe, simultaneously roll down (on down-side of circle)/up (on up-side of circle) through the foot, and spread (on down-side of circle)/release the toes (on up-side of circle). <u>o Foot towel</u> ▪ Stretch the dishtowel out on the floor under one foot. ▪ Try to pick the towel up by “scrunching” the toes. ▪ Release the towel. ▪ Try picking the towel up with the “pinky” toe. Static Balance: - o Using the following progression, find a position that feels challenging, but in which you do not have to hold on with your hands: 1. Feet hip-width apart 2. Feet together 3. One foot forward 4. One foot in front of the other (not touching) 5. One foot in front of the other, touching heel to toes 6. Stand on one foot 7. On balance pad, feet hip-width apart 8. Continue progression on balance pad - o Add challenge on second round: ▪ Choose any previous challenge: - Cross/move arms - Move head - Close eyes - Mental challenge Balance Challenge: - o Standing on the balance pad, march with high knees. - o Add a pause on the third step. - o Add an arm movement while marching. - o Standing still, extend one leg to the front, carry it to the side, carry it to the back. - o Tilt forward. - o Carry the leg to the side, front, side, back, tilt. Clock Yourself: - o Use the app or video to follow along.	8-10x with each foot 10x with each foot Hold each pose for 1 minute, repeat 2-3x 3-4x with each leg 3-5 minutes
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STRENGTH BUILDING

Calves; Single-leg Calf Raises:

- o Standing on one foot, press into the ground, rising up onto the ball of the foot.
- o Lower slowly.

8-10x

Quads; Lunge:

- o Start in a lunge position with both feet forward (front knee is bent).
 - o Slowly lower the back knee toward the ground; hip and knee should be in a straight line perpendicular to the ground when bent.
 - o Press into the ground to straighten the back knee.
- *If this bothers the knees, bend the knees less.

8-10x on each leg

Hamstrings; Single Leg Deadlift:

- o Stand on one foot with the opposite leg extended to the back.
 - o Begin to hinge forward at the hips, keeping the supporting knee straight and the back flat.
 - o Return to standing with a straight back while pressing the foot into the ground.
- *Regular (two-legged) deadlifts can be substituted for this exercise.

8-10x on each leg

Hips; Side Leg Lift with Speed Skater Lunge:

- o Stand with the feet about hip-width apart.
- o Lift one leg directly to the side, lifting the heel toward the ceiling.
- o When lowering the leg, cross it behind the standing leg into a lunge.
- o Lift the leg to the side once more.
- o Return to standing position.

4-6 sets on each leg (8-12 total leg lifts for each leg)

Glutes; Sit-to-Stands:

- o Sit with feet about hip-width apart.
- o For 30 seconds, stand and sit as many times as possible.

30 seconds

*Be sure to stand completely and sit completely, without rocking.

BALANCE 2

Plyometrics: Power Squats

- o Stand with feet about hip-width apart in front of a chair.
- o Lower into a squat quickly.
- o Hold for 3 seconds.
- o Return to standing quickly.
- o Option: come onto the balls of the feet or add a small jump when standing.

10x

*Be mindful of this exercise if heart and/or breathing conditions exist.

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Tight-rope Walk: - o Walk forward and backward with one foot in front of the other. - o On round two, add any additional challenge from previous videos. *If this feels too unstable, try taking longer steps and widen the stance/step. Tight-rope Walk Variation: - o Continue the tight-rope walk, adding a pause every three steps. Barrel Walk: - o Walk to the front and step over an imaginary barrel. Combination: Charleston - o Step on the right foot, kick the left leg/foot forward. Repeat for a total of 4x. - o Walk (or triple-step) around in a circle for a total of 4 steps. - o Charleston (4x): ▪ Step right, kick left foot forward. ▪ Feet together. ▪ Tap right foot back. ▪ Feet together - o Bring the knees together and apart, crossing and uncrossing the arms.	10x front/back 10x front/back 10x front/back Follow the music
STRETCHING	
Hip and Glute: - o Lift one foot to the opposite ankle or knee. - o Flex the top foot. - o Hinge forward from the hips (lean forward), trying to keep a flat back.	30 seconds on each side
Chest/Shoulder: - o High-V ▪ Hold towel over the head in a high-v. ▪ Reach the hands and elbows back as the towel lowers. ▪ Return to starting position. - o Low-arms ▪ Take the towel behind the back and hold the hands as close together as possible (interlace fingers if possible). ▪ Slowly lift the arms toward the ceiling. ▪ Return to starting position.	4-5x