
Balancing with Knee bends (Proprioception Level 3)



Why Do This Exercise?

To coordinate the muscles which you have been strengthening.

How To Do This Exercise?

1. Stand with your feet comfortably apart.
2. Brace your stomach muscles by sucking in your belly button (remember to keep breathing).
3. Slightly bend your right knee and keep your weight to the outside of the foot.
4. Take your left leg off the ground.
5. With your supporting leg, slowly bend your knee and lower yourself to a slight squatting position and then slowly return to original position.
(Count 1 – 2 – 3 up and the same down).
6. Repeat above steps on other leg.

How Often?

..... Squats on each leg 1 2 3 times daily



NOTE: This exercise is done in place of your current balancing exercise. It is a little more difficult as it changes the pressure felt at the bottom of your feet rather than changing your centre of gravity.