
Balancing (Egg Beater) (Proprioception Level 2)



Why Do This Exercise?

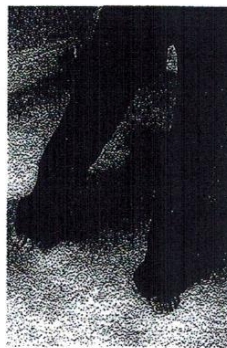
To coordinate the muscles which you have been strengthening.

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 ground.
5. With your left leg, make 6 slow circles clockwise and 6 slow circles anticlockwise. Repeat this on both legs.

How Often?

Rotate leg clockwise times and counter-clockwise times.
Repeat 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 your centre of gravity by moving your free leg. Ensure that the supporting knee is kept bent during the entire duration of this exercise.