

Mobility Physical Therapy

(425) 555-7890

Ball - Circles - airplane

Sit on ball, feet flat on floor. Raise arms out to sides, fingers pointing outward. Using hips, slowly rotate ball clockwise 10 times. Stop. Rotate ball counterclockwise 10 times.



Sets		Hold	
Reps	5	Weight	

In a few days when you are feeling stable on the ball, try closing your eyes as you rotate hips. Open immediately if you feel unstable

Ball - single heel raises

Stand facing wall. Ball against wall at shoulder level. Place hands on ball. Bend right knee to lift right foot off floor. Rise up on toes of left foot. Hold. Lower self back to floor. Repeat. Switch foot positions. Repeat.



Sets		Hold	30 seconds
Reps	5	Weight	

Look at a focal point straight ahead during exercise. Allow eyes to look away when heel returns to floor, then return to focal point with each heel lift.

Balance - Sharpened Stance - Eyes Open

Stand, feet flat on floor, shoulder width apart. Reach arms forward. Place right foot two inches directly in front of left foot. Keep body erect, look straight ahead. Hold. Return right foot to start position. Move left foot two inches directly in front of right. Repeat.



Sets		Hold	30-60 sec
Reps	3	Weight	

Add this exercise in 3 days after beginning program

Balance - Foot Forward - Eyes Closed

Stand, feet flat on floor, shoulder width apart. Reach arms forward as you step one full foot length straight ahead with right foot. Keep body erect, do not bend head or back. CLOSE EYES. Hold. Open eyes. Return right foot to start position. Move left foot one foot length forward. Repeat.



Sets		Hold	15 - 30 sec
Reps	3	Weight	

Add this exercise in 5 days