

Balance/stability

Upper body

B4



Start with the hands and knees on the floor; knees under hips and wrists under shoulders. The back should be flat and the neck straight. Raise one leg backwards, balance should be maintained on both arms. Do not raise the leg too high; the back should not dip.

Comments

- Should only be attempted if there are no active elbow, knee or shoulder problems.
- Must be confident and able to get down on the floor and kneel as well as being able to get off the floor unaided.
- May need to cushion the knee and under the foot if the ankle has limited plantarflexion (pointing down movement).
- The exercise should be done slowly and in a controlled way.



Functional application

Useful for improving posture.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions