**Balance Sequence**

**Purpose:** To improve body concept and to increase balance and control in stationary and moving positions.

**Instructions:** The following steps are developmentally arranged.

Master each step reasonably well before moving to the next exercise.

1. Start on hands and knees on the floor. Patient raises right hand in the air, hold for 10 counts. Place hand on floor and repeat for left hand.

2. Same position as above, but this time, raise each leg separately to the count of 10.

3. Same starting position, except this time raise an arm and leg on the same side and count to 10. Repeat other side.

4. Maintain hands and knees position, raise left arm and right leg together for a count of 10. Repeat other sides.

5. Patient stands up and balances on tiptoes for count of 10.

6. Sit on floor in cross-legged position, slowly rise to standing while keeping arms crossed at the chest level.

7. Patient maintains balance while walking forward and backward on knees.

8. Start in a standing position, lift one foot off the floor for 10 counts, repeat other side.

9. Repeat steps 5 and 8 with eyes closed.

10. Patient maintains balance while hopping on one foot at a time. Repeat with eyes closed.

11. Jump on both feet with eyes closed. Open eyes and jump in quarter turns in a clockwise pattern. Repeat counterclockwise.

12. Hop in quarter turns each direction, but this time on one foot at a time.

**CATEGORY:** VISUAL VESTIBULAR INTEGRATION

*Last Modified 10/08*
13. Stand erect and swivel arm and leg on same side of body like a half a jumping jack. Maintain balance and repeat on other side.

14. Same as step 13, except move opposite arm and leg, repeat other side.

15. Same as steps 13 and 14, except move limbs forward towards the front of the body.

16. Same as step 15 except limbs move backwards.

Aspects to Emphasize

1. Equal ability on both sides of the body.
2. Smoothness and rhythm in movement, without tension.
3. Ability to continue performance while watching a stationary object or moving target.
4. Ability to perform easily while discussing an unrelated topic.