

1 Leg Balance On Pillow:

Exercise Purpose:

To improve your lower limb balance



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=896>

Key Points:

- Place one leg on a 1-2 pillows and try to balance
- When you do this try to keep your toes relaxed and keep your ankle as still as possible
- If you lose your balance then please put your other foot back on the ground or touch the wall

*If you have very poor balance make sure you are close to a wall or something you can put your hand on if you lose your balance

*You may find it easier to focus on a spot on the wall or on the floor whilst balancing

*You may find it easier to balance if you put your hands out to the side away from your body and hold them there