

Exercises

This section contains some examples of exercises that can be used with Balance Matters™.

A laser light is an accessory that can be used for visual feedback by focusing it on the wall mat. The laser can be strapped onto clients' chests and used to improve trunk extension and rotation

There are various ways by which clients can be progressed through the exercises:

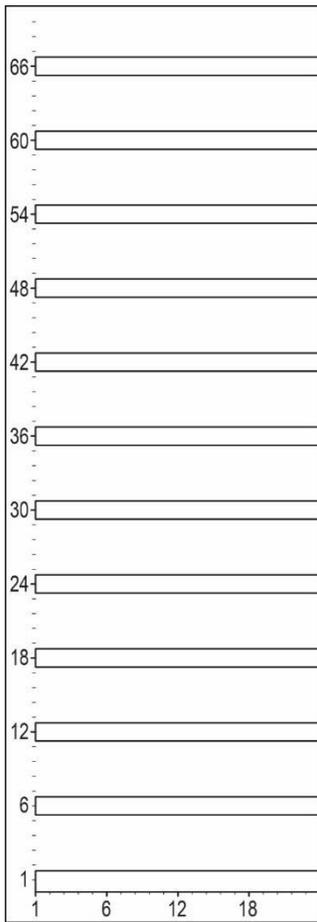
- Increasing distance between foot pads
- Increasing speed
- Head turning
- Closing eyes after 4 practice steps

Remember to gradually decrease multisensory feedback for retention and long-term learning.

A blank Balance Matters™ Tracking Form is on the next page and it can be used by clients and health care providers to monitor and document progress.

Balance Matters™ Tracking Form

Name:
Date:
Goals:



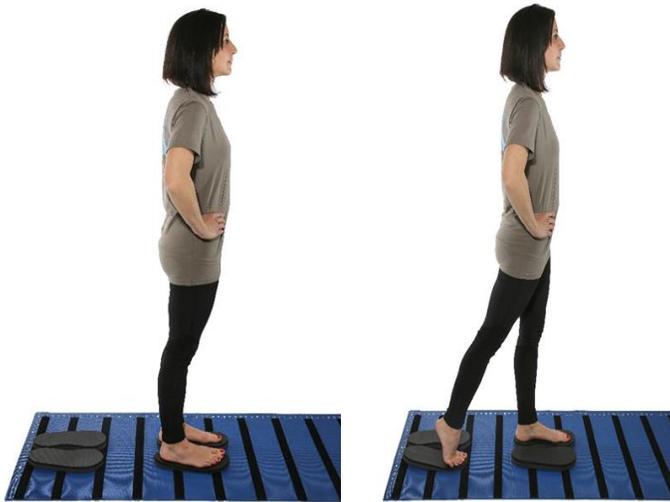
Step length	
Time	
# of successful steps on target	
Eyes open	
Head Turns	
Eyes Closed	

Tracking Progress	Week 1	Week 2	Week 3	Week 4
Step Length				
Time				
# of successful steps on target				
Eyes open, eyes closed or head turns				

Backward Stepping

Set up: Place a pair of foot pads with clickers along the back edge of the floor mat. Position another pair of foot pads without clickers _____ inches forward in line with the other foot pads.

Exercise: With hands on hips, start by standing on forward foot pads and step backward onto the clicker foot pad at the back of the floor mat. The toe clicker should sound first followed by the heel clicker. Bring foot back to the forward foot pad. Alternate feet. Perform as fast as possible for 1 minute.



Forward Stepping for Improved Push Off & Forward Progression

Set up: Place a pair of foot pads with toe and heel clickers along the back edge of the floor mat. Position another pair of foot pads with toe and heel clickers _____ inches directly forward in line with the other foot pads.

Exercise: Start by standing on foot pads against the back edge of the floor mat. Step forward onto the same-sided forward foot pad. The heel clicker of the opposite back foot pad should sound before the heel clicker of the forward foot pad. Bring foot back to the back foot pad. Alternate feet. Perform as fast as possible for 1 minute.



Turning

Set up: Place one pair of foot pads with clickers facing forward on the floor mat. Place another pair of foot pads with clickers perpendicular to the first pair on the right side so that they are facing right.

Exercise: Start by standing on forward-facing foot pads and step onto the right-facing foot pads. The heel clickers of the forward-facing foot pads should sound first followed by the heel clickers of the right-facing foot pads. Bring feet back to the forward-facing foot pads.



Step To & Static Standing on Foam

Set up: Place a pair of foot pads with clickers on the floor mat. Position a pair of foam foot pads without clickers _____ inches forward in line with the other set of foot pads.

Exercise: Start by standing on rear foot pads with clickers. Step forward onto the foam foot pads and stand for a count of 10. Step back onto the rear foot pads with clickers. Repeat 6 times.

