

# Active Health Solutions

## Balance: Unstable Surface



Do the exercises barefoot on a balance board or BOSU Ball.

Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Drop down to an easier step if you cannot maintain proper form
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK

	Repetitions
	Sets
	Second Hold
	Times per day/week

Warm Up: Slowly rock the board back and forth in a controlled manner.



1. Double leg stance, eyes open/closed
2. Single leg stance, eyes open/closed
3. Double leg stance - raise arms above head to raise the center of gravity or elevate in various work positions, with and without resistance.
4. Balancing while tossing/passing ball from hand to hand or with a partner.
5. Step from rocker board to rocker board (advanced).
6. Lunge onto board (advanced).