

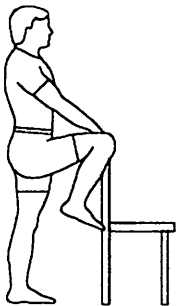
## **Homework:**

### **One Leg Balance Test**

If you fail to stand on one foot with the raised leg at 90 degrees for 30 seconds it is necessary to do this at home until balance is improved.

When having difficulty with balance try holding on to something until you can get comfortable and the muscles start adapting to this posture. Begin with the “Pelvic Tilt” rehab protocol (taught on next visit); then perform “One Leg Balance” protocol.

Stand on one leg with the hip and knee at 90 degrees for 30 seconds. The top of the leg should be level.



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| <b>Level A</b> | Perform holding onto an object for balance if needed.                      |
| <b>Level B</b> | Perform without support while tracing the letters A to E with raised foot. |
| <b>Level C</b> | Stand on one leg with eyes closed.   |