

## **One-Legged Balance Routine**

### **Purpose:**

This routine is helpful because it gradually gets more difficult. It may help determine what part of your leg is most affecting your balance. While you complete this routine listen to your body. These exercises require your body and mind to focus. Practicing this routine will help you with your daily living activities.

### **Keep in mind:**

In all positions – except when completing the hip extension – keep your upper torso (from your waist to your neck) erect (upright).

Engage your core muscles by pulling in your belly button. Imagine you have a string tied to the back of your belly button and it is being pulled inwards towards your back.

Your supporting leg (the worker) should be bent slightly at the knee.

Focus your eyes in one place straight ahead of you.

Complete the entire routine without letting your raised foot touch the ground. Start with six repetitions of all positions (except step seven) and progress to 10.

Give the supporting leg a good “shake out” after its work.

### **How to make it harder:**

Move your head or eyes while completing the tasks. Try adding a cognitive task such as counting backwards from 100 by 3's.

### **Exercise:**

- 1) Hip flexion – raise your foot to knee height and balance on your other leg. Bring your knee into your to chest while keeping your thigh horizontal. Do this six times.



- 2) Hip extension - keep your upper torso erect (up straight) and move your raised leg backwards (keep your leg bent) (six times).



- 3) Hip adduction - standing tall, lift the raised leg in front of you. Lead with your heel (like you are about to kick a soccer ball) and use inner thigh muscles (six times).



- 4) Hip abduction – move the raised leg away from body, leading with toes (six times).



- 5) Hip rotation – raise your knee to hip height, rotate your hip outward 90 degrees, lower your pointed foot almost to ground, back up, rotate your hip back in (six times).



- 6) Curtsy - cross the raised leg behind your body towards the opposite shoulder. Bend the supporting leg. Place your arms on your hips. Bring the same leg up again in front of you raising the knee and bring your arms over your head.



- 7) One-legged prayer squat – cross the ankle of the raised leg over the opposite knee. Squat to horizontal or as close to horizontal as possible, hold for 10 seconds. Repeat six times.



Change to the other side and repeat steps 1-7.