



Bloomsbury Osteopathy

Knee and Leg

Knee and ankle proprioception exercise With eyes open and both feet on the board **BALB01**

Function

To improve the stability at the joints of the leg by increasing neurological feedback between the ankle, knee and hip joints and the control centres of the cerebellum and brain. The aim of the exercise is to create a relatively unstable environment for the above joints in order to challenge and therefore improve stability and balance.

Method

Starting Position:

This exercise is best performed using a specially designed "Wobble Board". Please consult your osteopath if you would like to purchase this equipment.

Stand upright next on to a wall, a table or a stable chair with the affected side closest to this support structure.

Place the "Wobble Board" beneath your feet. If you do not have a "Wobble Board" it is possible to use a folded non-feather filled pillow (consult your osteopath for other alternatives). Be sure to support/stabilise yourself using the support structure.

Action:

Stand still with both feet on the board and attempt to wobble your body gently from side to side whilst maintaining your balance. The set amount of time and repetitions, to be specified by your osteopath.

Notes:

Begin using support and with eyes open. As your rehabilitation progresses your osteopath may encourage you to try this exercise firstly with your eyes closed, and then also without using the table/wall for support.

Ps. Ensure there are no sharp or dangerous items around you in case you fall on them and injure yourself.

BALANCE AND STABILITY
USING WOBBLE BOARD
BOTH FEET ON THE BOARD
HOLDING CHAIR
WITH EYES OPEN
(BALB01)

