



Bloomsbury Osteopathy

# Knee and Leg

**Knee and ankle proprioception exercise  
With eyes open and both feet on a pillow**

**BALP01**

## 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 acquire 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 a folded non-feather filled pillow beneath your feet. Be sure to support/stabilise yourself using this support structure.

### Action:

Initially just stand still on the pillow. Then whilst holding onto the support wobble / tilt your body from side-to-side, then lift one foot off the pillow then alternate with the other foot. Attempt to wobble your body gently from side-to-side 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.*

All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

BALANCE AND STABILITY  
USING PILLOW  
BOTH FEET ON THE PILLOW  
HOLDING CHAIR  
WITH EYES OPEN  
(BALP01)

