

SENSORIMOTOR PROGRAM

BALANCE

Try different exercises

different levels of difficulty

maximum 20 sec per exercise!!!!

1. Sitting on the Ball

- > Sitting with hands on the ball
- > sitting without hands
- > 1 feet on the floor – closed eyes
- > sitting with closed eyes



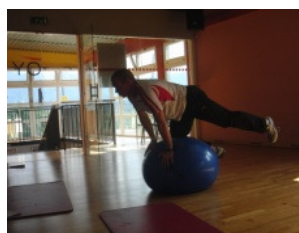
2. Prone on the ball

- > forward and backward roll with arms/feet
- > forward and backward roll with 1 arm/ 1 feet
- > holding with one hand
- > holding with one feet



3. Bench position on the ball

- > Bench position
- > remove one hand
- > remove one knee
- > with closed eyes



4. Kneeling position on the ball

- > kneeling position
- > without holding
- > rotation of the upper body
- > with closed eyes



5. Supine position on the ball

- > Both feet on the floor
- > forward roll the shoulder and back
- > remove one feet
- > with closed eyes

