Buchanan balancing stability exercises

Do the following exercises two to three times a week. Progress doing these until you can do them smoothly and efficiently. The final challenge is to do them with your eyes closed.

The following can be done in your bare feet…they are all done on one foot at a time, therefore switch and do the left foot.

1. Stand for 1 minute on your right foot, with your left knee up to hip level and your arms in running position.

2. Stand for 1 minute on your right foot, bring your left knee up to hip level and wrap your hands around your knee so that the fingers interlock.

3. Stand for 1 minute on your right foot, stretch both hands out together in front of you at chest level, now rotate your arms, going slowly to the left and to the right.

4. Stand for 1 minute on your right foot with the left leg extended trying to have the left toe about even with the right heel, now bring the left knee up to running position, then return left leg to extended position, much like a running movement.

5. Stand for 1 minute on your right foot, in a fluid motion do the following: bring the left leg from the extended position where the toe of the left foot is off the ground and is approximately even with the right heel, now bring the knee up to a running pose where the knee is even with the hip, next rotate the knee to the left as far as possible at the hip, next extend the leg back and slowly rotate the hip back to the starting position (left foot off the ground, toe approximately even with the heel). Next, reverse the process. (Leg back-up-out-down to original position and then reverse and leg back-out-up-and back to original position.)