

Wobble board exercises:

1. Stand on a wobble board with your feet shoulder width apart. Rock the board forwards and backwards 30 times, then side to side 30 times. Hold on to a chair if you need support.
2. Rotate the wobble board around so that the edge of the board is in contact with the floor at all times. Do this 30 times in a clockwise and then a counterclockwise direction.
3. Balance on the wobble board for as long as you can without letting the edges touch the floor. Try to do this for 2 minutes without touching the floor.
4. Rotate the wobble board in clockwise and counterclockwise circles, but do not allow the edge of the board to touch the floor.
5. When you have mastered exercises A through D, try repeating them while standing on only one leg (your injured leg).
6. Once you can do these exercises on one leg, try to do them with your eyes closed. Make sure you have something nearby to support you in case you lose your balance.

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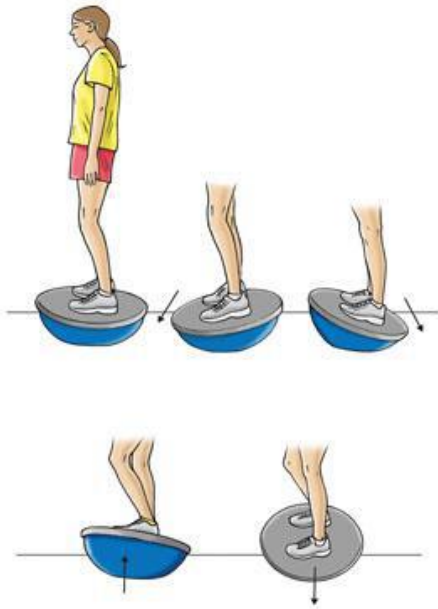
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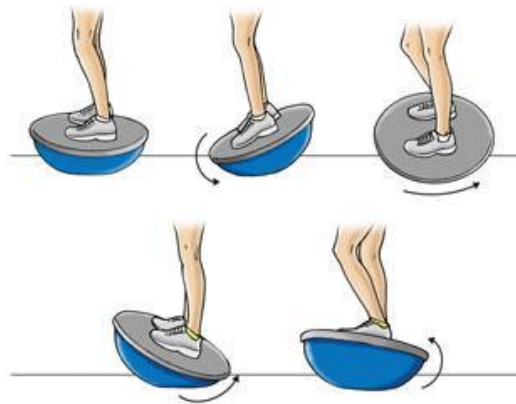
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Wobble Board Exercises



Wobble board exercise: A



Wobble board exercise: B



Wobble board exercise: C



Wobble board exercise: D



Wobble board exercise: E