

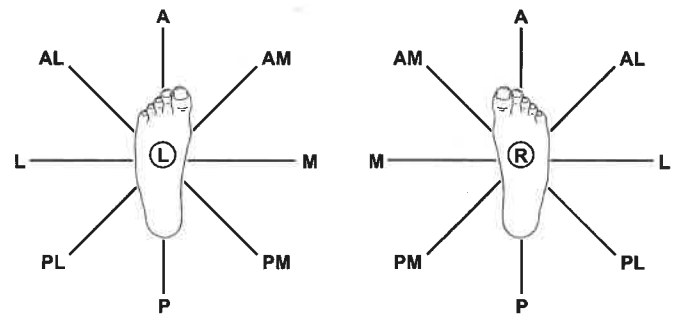
INSTRUCTIONS

Prior to performing this routine you should be able to hold single leg balance for 45-60 seconds. For all exercises, start in single leg balance with the stance leg slightly bent. Maintain erect posture with the abdominals tight, and try to maintain the arch of the stance foot.

To perform the routine, bend the stance leg and reach the other foot as far as possible (with control) in the direction indicated. Keep the reaching foot close to the floor but try to avoid touching. Hold 1-2 seconds, then return to the start position. Then reach to the next position. Continue for 30-60 seconds. Then repeat on the other side.

Repeat 2-3 times on each side.

Foot / Direction Grid



LE REACH - Single Leg Balance: Opposite LE Anterior Reach

Stand on right leg.
Reach along A direction
with opposite leg and
return.

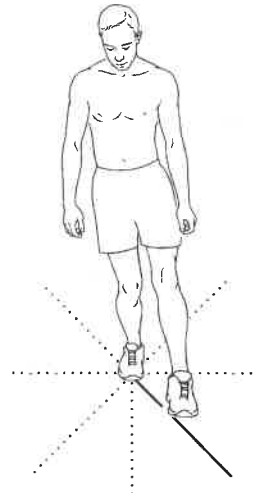
Keep foot close
to ground without
touching.



LE REACH - Single Leg Balance: Opposite LE Anterior Medial Reach

Stand on right leg.
Reach opposite leg
along AM direction
and return.

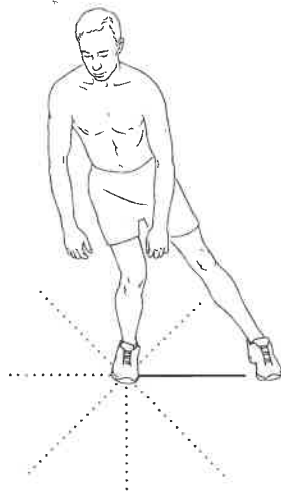
Keep foot close
to ground without
touching.



LE REACH - Single Leg Balance: Opposite LE Medial Reach

Stand on right leg.
Reach opposite leg
along M direction
and return.

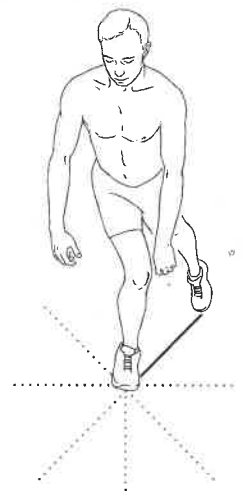
Keep foot close
to ground without
touching.



LE REACH - Single Leg Balance: Opposite LE Posterior Medial Reach

Stand on right leg.
Reach opposite leg
along PM direction
and return.

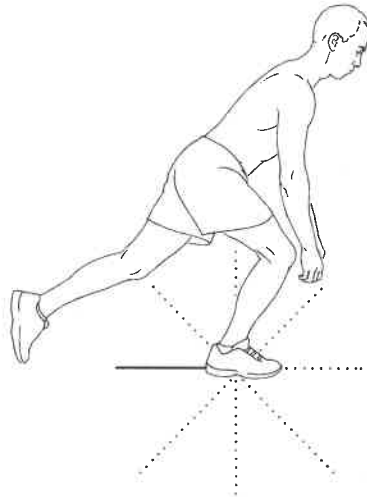
Keep foot close
to ground without
touching.



**LE REACH - 4 Single Leg Balance:
Opposite LE Posterior Reach**

Stand on right leg.
Reach opposite leg
along P direction and
return.

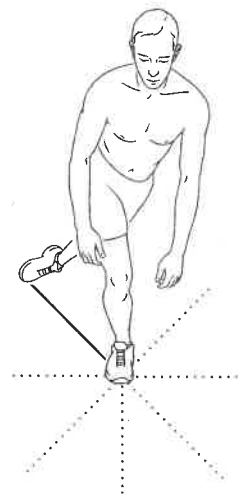
Keep foot close
to ground without
touching.



**LE REACH - Single Leg Balance:
Opposite LE Posterior Lateral Reach**

Stand on right leg.
Reach opposite leg
along PL direction
and return.

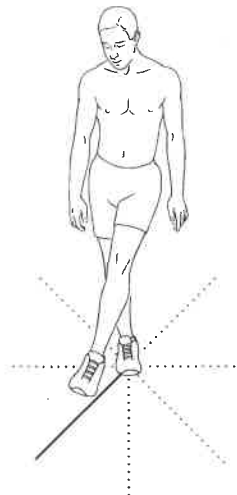
Keep foot close
to ground without
touching.



**LE REACH - Single Leg Balance:
Opposite LE Anterior Lateral Reach**

Stand on right leg.
Reach opposite leg
along AL direction
and return.

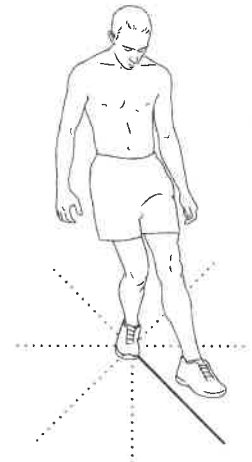
Keep foot close
to ground without
touching.



**LE REACH - Single Leg Balance:
Opposite LE Anterior
Medial Rotational Reach**

Stand on right leg.
Reach opposite leg
along AM direction
while turning foot in the
AM direction. Return with
foot facing forward

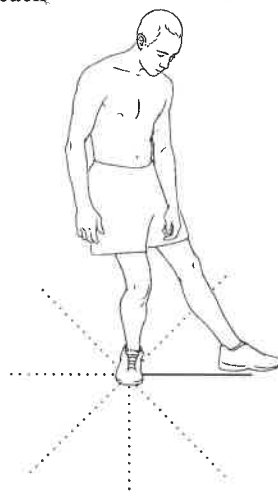
Keep foot close
to ground without
touching.



**LE REACH - Single Leg Balance:
Opposite LE Medial Rotational Reach**

Stand on right leg.
Reach opposite leg
along M direction
while turning foot in the
M direction. Return with
foot facing forward.

Keep foot close
to ground without
touching.



**LE REACH - Single Leg Balance:
Opposite LE Posterior
Medial Rotational Reach**

Stand on right leg.
Reach opposite leg
along PM direction
while turning foot in the
PM direction. Return with
foot facing forward.

Keep foot close
to ground without
touching.

