

# CTSIB- Proprioceptive balance retraining

*Vestibulo-spinal reflex test and treatment for proprioceptive deficit*

## Level one

Please stand quietly for 30 seconds to compose yourself, on your first few attempts try to make sure there are no disturbances during these exercises.



### Routine

- Stand as shown 20 seconds, then close your eyes.
  - Note any sway or how long you keep your balance.
- Try the same exercise on a carpet surface or perhaps on a cushion/foam mat.
  - Eyes open then try eyes closed.
- If your balance is poor with your eyes closed then practice until it improves.
- Once you can manage 20 seconds balance then move on to the next level.

## Level two



Adjust your foot position slightly by moving one foot forward a few inches as shown. Try the routine once again.

## Level three

Then progress the exercises by putting one leg in front of the other. Try the routine once again.



## Level four

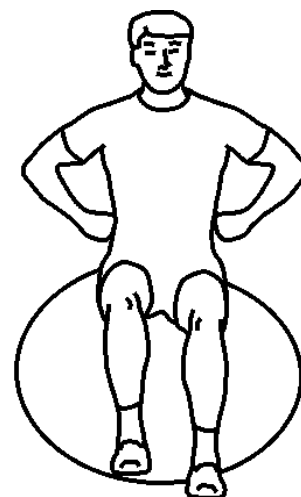
Finally balance on one leg. Try the routine once again. Perhaps do this in a corner of the room so the walls will stop you falling too far to one side.

## Level five

To progress further you can try using a balance ball;

- Sit on the ball
  - Eyes open then eyes closed
- Lift one foot off the floor
  - Eyes open then eyes closed

Its recommended to make sure the space you practice in is free from furniture or objects which may cause harm should you lose balance.



## Level six

Finally, to improve your vestibular system try balancing in the above five positions whilst keeping your eyes open and focus on a static target in front of you. Now turn your head from side to side about half way, repeat at 2 turns a second, remember keep focused on your target and keep balanced. Your target is 20 seconds on all five levels.

## References

Level four image adopted from;

<http://www.walkaboutmag.com/images/48Unilateral-Foam3.jpg> [online 11/06/2014]

## Contact details

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