# 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

**Outpatients Physiotherapy**

Telephone number 01202 442121

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

The Health Information Centre

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

Dorset

BH15 2JB

Telephone: 01202 448003

### www.poole.nhs.uk

Author: Ian Kennedy Elaine Dechow Jackie Kidd Andy Hayward

Date: 11/06/2014

Review date: Ongoing

Version number:

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email **pals@poole.nhs.uk** for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Information Team confidentially: phone 01202 448003, write to the Health Information Centre (address above), or email **patient.information@poole.nhs.uk**.