

A Case-study Approach to Balance Training

The following comprehensive balance-training program combines each of the key considerations previously covered in this article.

Client Background and Goals:

David, 66, attends a community fitness program offered through a local university, three mornings per week. After several near-falls in his home, David realized initiating a balance-training program was in his best interest. He has been participating in the current program for three months and has progressed in difficulty on several exercises. A sample of the five exercises he completes each morning is presented. Each exercise takes approximately three minutes, with the total program lasting approximately 15 minutes.



Exercise #1

Single-leg raises

- 10 right/left leg
- alternate
- 2 sets w/1-min rest
- arms crossed
- stability ball



Exercise #2

Catch

- use 4-lb medicine ball
- 15 tosses each set
- 2 sets w/30-sec rest
- rotate spot thrown to
- stability ball



Exercise #3

Spelling

- 2 words per leg
- alternate
- 2 sets w/30-sec rest
- arms extended
- hard flat surface

Exercise #4

Heel-toe walking

50 yds

- 2 sets w/30-sec rest
- walk w/partner
- arms crossed
- eyes closed



Exercise #5

Stand

- arms crossed
- eyes closed
- nudge client 10 times
- 2 sets w/30-sec rest
- BOSU ball