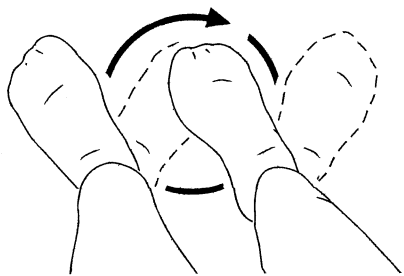
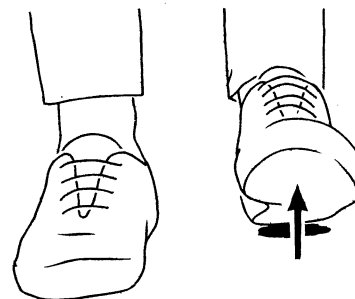


SENSORY MOTOR - 18 LOWER EXTREMITY
ANKLE: Circles



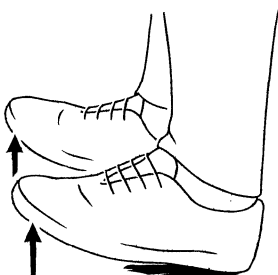
Move feet in circle clockwise, then counterclockwise.
 Change direction at same time.
 ____ reps per set, ____ sets per day, ____ days per week
 ___ Coordinate movement with metronome or music.
 ___ Perform with eyes closed.

SENSORY MOTOR - 21 LOWER EXTREMITY
ANKLE: Dorsiflexion Asymmetrical



Sit at edge of sitting surface, feet on floor. Raise one foot, then the other. Keep heels on floor. Alternate.
 ____ reps per set, ____ sets per day, ____ days per week
 ___ Coordinate movement with metronome or music.
 ___ Perform with eyes closed.

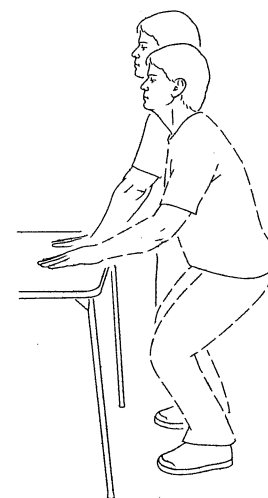
SENSORY MOTOR - 20 LOWER EXTREMITY
ANKLE: Dorsiflexion Symmetrical



Sit at edge of sitting surface, feet on floor. Raise both feet at same time. Keep toes straight and heels on floor.
 ____ reps per set, ____ sets per day, ____ days per week
 ___ Coordinate movement with metronome or music.
 ___ Perform with eyes closed.

BALANCE - 6 FUNCTIONAL MOBILITY
Squat With UE Support

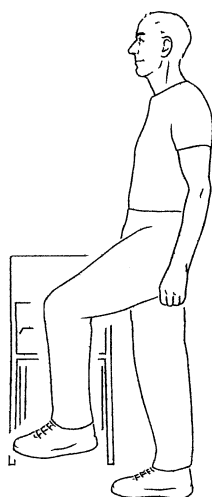
Stand by chair or table.
 Stance: shoulder-width on floor. Bend hips and knees. Keep back straight. Do not allow knees to bend past toes. Squeeze glutes and quads to stand.



____ reps per set,
 ____ sets per day,
 ____ days per week

BALANCE - 16 FUNCTIONAL MOBILITY
Marching – Standing

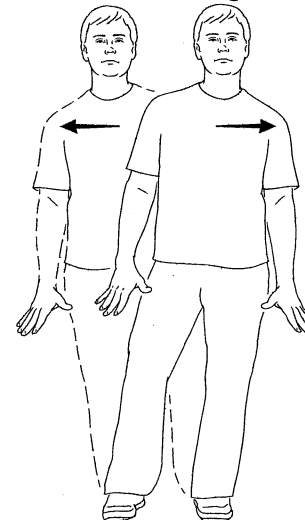
March in place by lifting left leg up, then right. Alternate.



____ reps per set,
 ____ sets per day,
 ____ days per week
 ___ Hold onto a support.

BALANCE - 5 FUNCTIONAL MOBILITY: Weight Shift

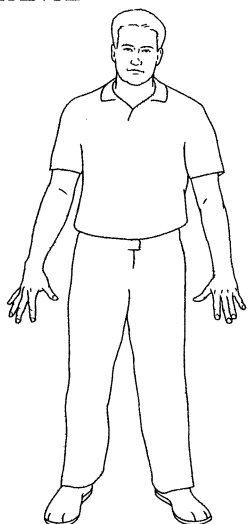
Stance: shoulder-width on floor. Stand with upright posture shift weight from side to side. Hold ____ seconds each side.



____ reps per set,
 ____ sets per day,
 ____ days per week
 ___ Perform with eyes closed.

BALANCE - 1 BILATERAL STANCE

Stance: shoulder-width
on floor. Maintain
balance.
Hold _____ seconds.

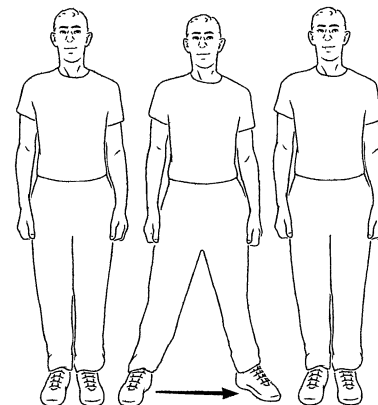


BALANCE - 20 FUNCTIONAL MOBILITY: Side Step

Step sideways
for _____ feet.
Repeat in opposite
direction.

_____ reps per set,
_____ sets per day,
_____ days per week

___ Use assistive device.
___ Walk to tempo of
metronome or music.

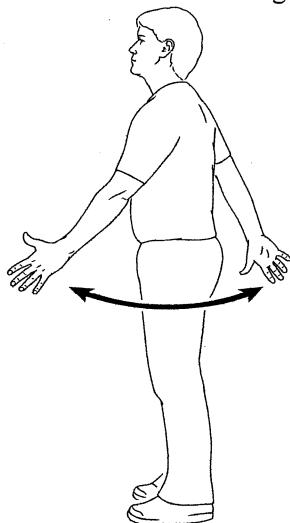


BALANCE - 11 FUNCTIONAL MOBILITY: Arm Swing

Stance: shoulder-width on
floor. Swing arms forward
and backward.

_____ reps per set,
_____ sets per day,
_____ days per week

___ Perform with eyes closed.
___ Hold poles or other
objects.

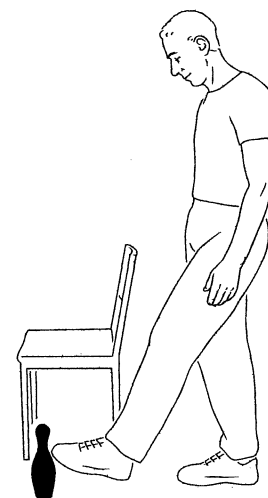


BALANCE - 27 FUNCTIONAL MOBILITY
Reaching With Lower Extremity

Reach forward with
left leg to target.

_____ reps per set,
_____ sets per day,
_____ days per week

___ Repeat with other leg.
___ Hold onto a support.

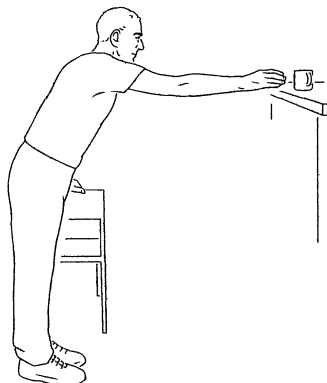


BALANCE - 26 FUNCTIONAL MOBILITY
Reaching With Upper Extremity

Stance: shoulder-width
on floor. Reach one arm
forward as far as possible
without moving feet.
Repeat with other arm.

_____ reps per set,
_____ sets per day,
_____ days per week

___ Hold onto a support.



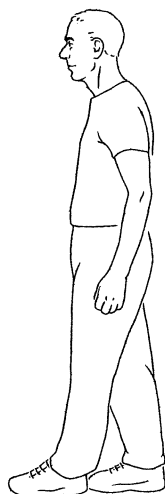
BALANCE - 24 FUNCTIONAL MOBILITY

Heel to Toe Walking

Walk forward touching heel of one foot to toes of other.

____ reps per set,
 ____ sets per day,
 ____ days per week

___ Use assistive device.



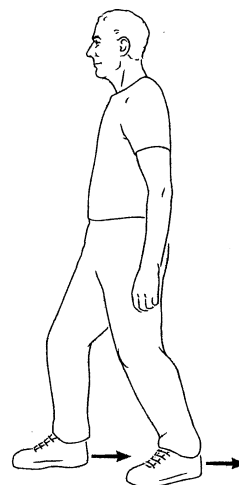
BALANCE - 21 FUNCTIONAL MOBILITY

Walk Backward

Walk backward. Take large steps, do not drag feet.

____ reps per set,
 ____ sets per day,
 ____ days per week

___ Use assistive device.

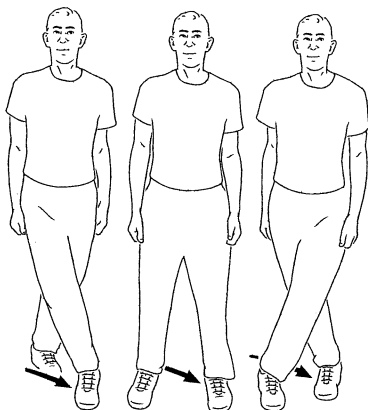


BALANCE - 25 FUNCTIONAL MOBILITY

Cross Over Step

Walk sideways, cross one foot in front of the other, then behind the other. Continue. Repeat in opposite direction.

____ reps per set,
 ____ sets per day,
 ____ days per week

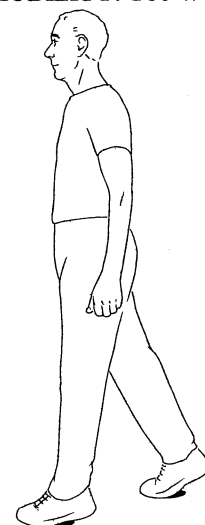


BALANCE - 23 FUNCTIONAL MOBILITY: Toe Walking

Walk forward on toes.

____ reps per set,
 ____ sets per day,
 ____ days per week

___ Use assistive device.



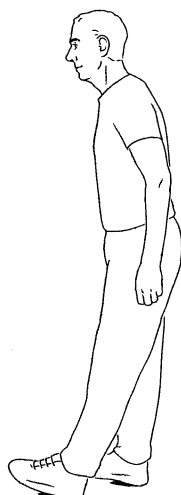
BALANCE - 22 FUNCTIONAL MOBILITY

Heel Walking

Walk forward on heels.

____ reps per set,
 ____ sets per day,
 ____ days per week

___ Use assistive device.



BALANCE - 9 FUNCTIONAL MOBILITY

Step Up / Step Down

Step up, leading with left leg. Step down, leading with left leg.

____ reps per set,
 ____ sets per day,
 ____ days per week

___ Repeat leading with other leg.
 ___ Hold onto a support.

