



BALANCE AND VESTIBULAR EXERCISES

Exercise 1:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Alternately lift your left and right heel. If necessary, hold onto a stable chair or the wall. Your knees in front, keep a continuous motion at regular pace, your heels do not go to the sides but straight up.

Exercise 2:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Continuously take one step back, first lean against the big toe and then the whole sole. Move your weight, then lift from your big toe and continuously put the sole back, then the same with the other foot. The leg, which remained in front, does not turn the knee inside. Repeat several times.

Exercise 3:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Take one step forward, your feet are in width of your hips. Move your weight forward, your leg is slightly bent in the knee, your knee is in direction of your middle finger. In the back you are leaning on the tips and trying to put your trunk to the side, turn your pelvis from the forwarded leg to the side. Do not turn your knee inside, but on the contrary turn your pelvis to the thigh of your forwarded leg, then close your pelvis inside breathing freely, your forwarded leg is fixed. Do the same with your other leg. Repeat several times.

Exercise 4:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Using the overball only half inflated, put it under one foot, press it slightly and rotate your foot one side round and then the other side. Your arms relaxed, your weight on your fixed foot. Repeat it with your other foot.



Exercise 5:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Catch the overball with your toes and try to lift it above the mat and then put it down. Change your feet. If you are not successful, try to press your toes into the ball. Repeat several times with both legs.

Exercise 6:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Breathing freely, move your weight from one leg to the other one. Your free leg lifts from the mat and goes a bit to the side. Like marionettes – stretch your heads, try to keep straight.

Exercise 7:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Standing on one fixed foot, stretch the other one trying to touch in front and in the back of your body, your weight is still on the fixed foot. Keeping balance, try to prolong the motion. Then change your legs.

Exercise 8:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Continuously move your weight from one foot to the other rotating your trunk (your head is drawing a circle on the ceiling). Breathing freely, do the same the other side round.

Exercise 9:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Lift one leg bent in the knee, put on it the same hand and continuously turn it to the side without turning your pelvis. Then put it back and put the foot on the mat. Do the same with your other leg. Repeat several times.



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Seniors to sport court, not to hospital

Exercise 10:

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.

Move your weight from one to the other foot, the free one lifted slightly from the mat, its tip drawn bit to the shin, draw a continuous number eight (one loop in front of your body and the other in the back).