

Multi-plane Posture, Balance & Coordination Exercises

Feet “Planted” with Toes “Gripping”

*FEET ALWAYS STRAIGHT AHEAD,
KNEE LINED UP STRAIGHT WITH 2ND TOE OR SHOE POINT*

1. **BACKWARD SHOULDER TOUCHES:**

Touch each shoulder to the wall behind you, keeping feet grounded, alternating (L) and (R) while USING STOMACH AND BACK MUSCLES.

PRACTICE _____ MINUTES
_____ TIMES/DAY



2. **HIP HINGE ARM SWINGS:**

Swing arms while “bouncing” knees forward, buttocks backward, chest forward. When you are able to move smoothly in the “straight” position, start turning from side to side while still swinging and bouncing.



FEEL YOUR STOMACH AND BACK “GIVE YOU POWER”!

PRACTICE _____ MINUTES _____ TIMES/DAY

3. **HIP HINGE REACHES:** Reach forward at shoulder height, while pushing buttocks backward, knees forward, making sure to keep toes pushing into the floor, and knees and feet straight ahead. Shoulder blades stay “square”, and stomach “in”. Use a smooth “bouncing” motion. When this gets easy, change directions between forward, (R), forward, (L), etc. with each “bounce.” FEEL YOUR STOMACH AND BACK “GIVE YOU POWER”!

PRACTICE _____ MINUTES _____ TIMES/DAY

