

GENERAL GUIDELINES: STABILITY TRAINING

Consult a medical provider before starting an exercise program if you have any concerns about your health.

When performing stability exercises make sure there is a stable countertop, chair, or railing within reach that you can grab ahold of if you lose your balance.

STABILITY TRAINING

tests, reinforces, and conditions the core muscles. This enables you to hold neutral spine alignment while performing exercises involving:

-external forces (gravity, limb movement with and without resistance).

-internal forces (muscle weakness and tightness).

GENERAL GUIDELINES: NEUTRAL SPINE

NEUTRAL SPINE is the position of the spine when the ears, shoulders, hips, and ankles are vertically aligned.

This position can be achieved by standing with heels 1" - 2" from a wall with head, shoulder blades, and buttocks against the wall. The natural curvatures of the spine in this position are your **NEUTRAL** alignment.

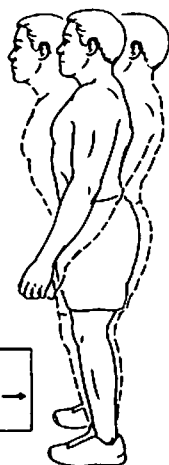
Postural defects might prevent this degree of alignment. When performing the exercises, attempt to remain as close as possible to this Neutral Spine.

Questions? Contact CU Wellness Program at 607-255-3886 or email wellness@cornell.edu

TWO-LEGGED STAND - Anterior / Posterior Sway

Stand in neutral posture. Keeping head in neutral position, rock back and forth, toes up then heels up.

Rock 6 times.
Do 2 sets.



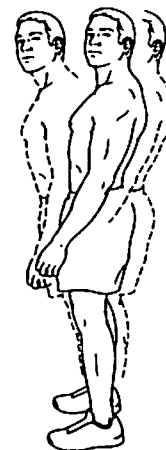
Do with eyes closed.

TWO-LEGGED STAND - Anterior / Posterior Sway: Varied Head Postions

With feet and body facing forward, head turned to side, rock back and forth.

Repeat with head turned to other side.

Rock 4 times.
Do 2 sets.

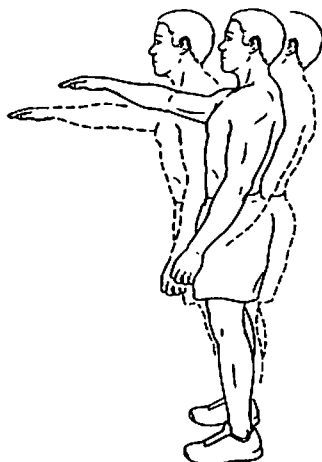


Do with eyes closed.

TWO-LEGGED STAND - Anterior / Posterior Sway: Varied Arm Positions

Stand in neutral posture. Keeping head in neutral position, raise one arm and rock onto toes and back onto heels. Repeat with other arm extended, and then with both arms up.

Repeat sequence 4 times.
Do 2 sets.



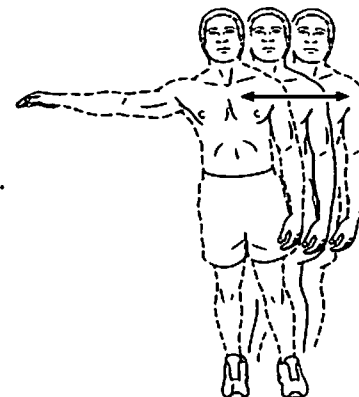
Do with eyes closed.

TWO-LEGGED STAND - Lateral Sway: Varied Arm Positions

Stand facing forward, one arm out to side, other arm at side. Rock side to side.

Repeat with arms switched.

Rock 4 times.
Do 2 sets.



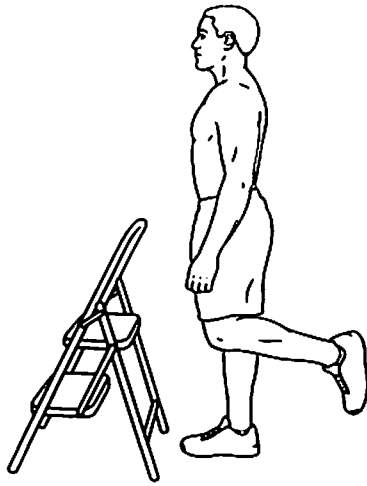
Do with eyes closed.

ONE-LEGGED STAND - Without Support

Stand on one leg in neutral spine without support. Hold as long as you can.

Repeat on other leg.

Do 2 repetitions.

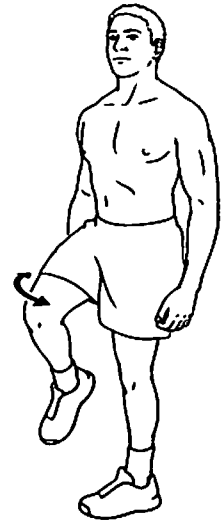


ONE-LEGGED STAND - Hip Flexion With Rotation

Standing on one leg, other thigh parallel to floor, slowly rotate raised leg from side to side. Hold each position 5 seconds.

Repeat on other leg.

Do 4 repetitions.



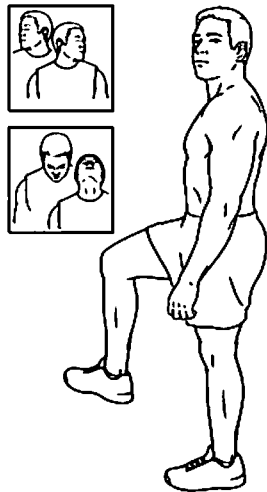
ONE-LEGGED STAND - Hip Flexion: Varied Head Positions

Standing on one leg, other thigh parallel to floor, slowly rotate head side to side then up and down. Hold each position 5 seconds.

Repeat on other leg.

Repeat sequence 4 times.

- Vary speeds.
- Add other head moves.

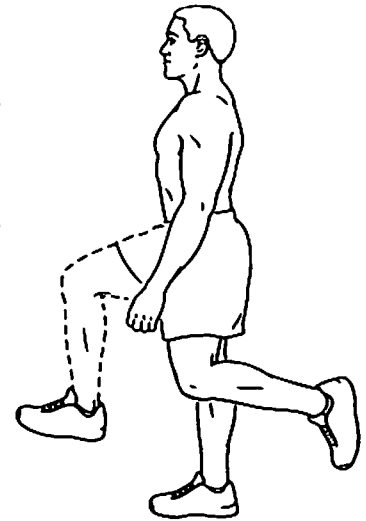


ONE-LEGGED STAND - Hip Flexion / Extension

Standing on one leg, other knee bent 90 degrees, raise bent knee to hip height and lower keeping it bent 90 degrees. Hold each position 3 seconds.

Repeat on other leg.

Do 4 repetitions, 2 sets.



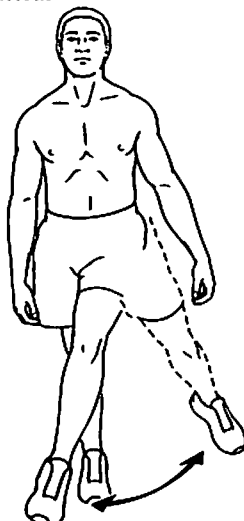
ONE-LEGGED STAND - Swing: Lateral

Standing on one leg, swing other leg side to side, under control, 8 times.

Repeat on other leg.

Do 2 sets.

If you have a hip problem (ex. hip replacement) DON'T ALLOW LEGS TO CROSS.



ONE-LEGGED STAND - Trunk Flexion

Standing on one leg,
1. Take one leg back as much as hip will allow.
2. Take leg back and raise opposite hand up in front of you.
3. Bend forward from hips, then return, keeping back straight and leg bent. Hold each position 3 seconds.

Repeat on other leg.

Do 4 repetitions.

