

Rocker Board: Balance and Neuromuscular Re-education



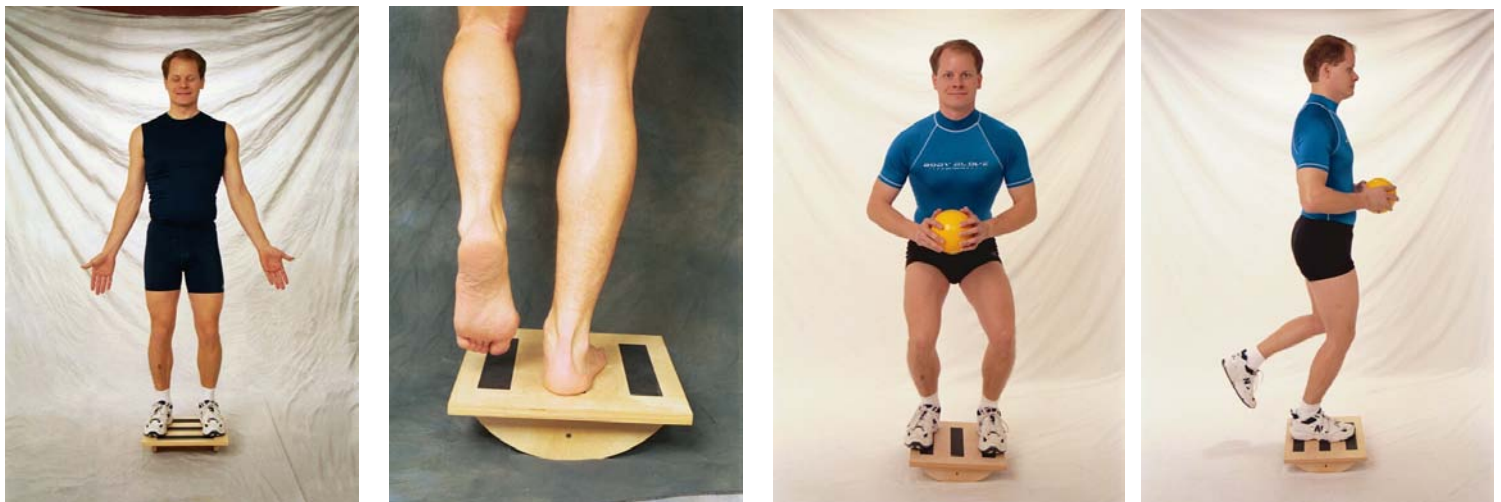
Step on, try to explore the full ranges of motion, “rock back and forth,” then try to balance in one position.

Intermediate:



Try with feet positioned at right and left angles to rockers as well as side-to-side. Try the above tasks on one foot.

Advanced:



Try the above movements with eyes closed or add weight and try squats while controlling balance.