

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:







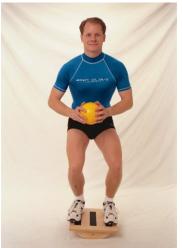


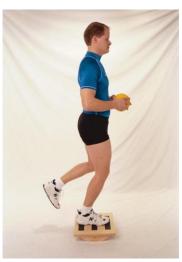


Try with feet positioned at right and left angles to rockers as well as side-to-side. Try the above tasks on one foot. **Advanced:**









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