

Balance and Proprioceptive Training Progression

Frequency:

Two to Three times a week

Precautions:

Balance and proprioceptive training can place heavy loads on the kneecap, patellar tendon and knee joint surfaces. Pain at these areas during these exercises should be reported to your physical therapist. Avoid twisting the knee or pivoting at the knee over a fixed foot.

Beginning Phase 1:

1. Weight shifts as tolerated

Beginning Phase 2:

2. Single-leg (SL) standing for balance, timed 30 seconds, eyes open/closed

Beginning Phase 3:

3. Double-leg (DL) standing on unstable surface: wobble board front-back and side-side or standing on foam surface
4. Star-drill on SL, front-back and side reaches
5. Step-and load, front-back, side-side

Beginning Phase 4:

6. SL standing on unstable surface: wobble board front-back and side-side or standing on foam surface
7. DL squats on wobble board, foam, BOSU
8. SL star drill, multi-directional reaches

Beginning Phase 5:

9. SL tasks with perturbations, ball toss
10. Star drill with increasing speed, add weight or resistance, add unstable surface