

Balance: (coordination exercise)

Balance and **coordination** are essential to normal body movement. Other terms to describe balance are proprioception and equilibrium. Proprioception is the perception of one's own body position and movement.

Many daily activities and athletics require skilled balance and coordination. Activities such as skiing, running, and cycling, to name a few, are enhanced by better balance skills.

When injuries occur to the body, balance is often reduced, and training the balance systems (proprioception) will restore normal coordination and assist in the full recovery from injury.

Often, balance exercises are referred to as sport specific or task specific. This means that part of an exercise program involves specifically training the body in the exact tasks to be performed. For example, a baseball pitcher, trains the arm movement by holding onto Theraband® Resistive Exerciser (tubing/band) and performs the throwing motion. This results in better control and coordination.



"EACH MOUNTAIN LEAVES THOSE WHO CLIMB IT A LESSON. PERHAPS SHIPTON SPIRE TAUGHT US THIS: YOU CAN GET SO CLOSE TO A SUMMIT, YOU CAN SEE ON TOP OF IT, BUT IN LIFE WE SELDOM GET WHAT WE TRULY DESIRE. INSTEAD, WE MUST BE SATISFIED WITH THE BEAUTY OF WHAT WE CAN HOLD IN OUR HANDS."

-Greg Child

Neurological Pathways

The **right side** of the brain controls coordination of the muscles during specific tasks (eg. throwing, writing, etc.), more complicated movements, while the **left side** of the brain controls more isolated movements performed in straight lines (eg. bench press, squatting). If the right side of the brain is trained directly (with balance and coordination exercises), the neurological pathways are shortened and the movements become faster, smooth and natural.

Benefits of Balance

1. Increased balance and coordination.
2. Faster reaction times during movements (walking, running, sports), thus reducing the risk of injury (sprains and strains).
3. More complete healing from injuries.
4. Enhanced athletic performance (better reaction times during skiing, team sports, etc.)
5. Increased sense of body position and posture, thus reduced risk of injury.

Thera-Band™ Exercise Ball helps to strengthen postural muscles and increase balance.