



RESTORING FUNCTION ONE PATIENT AT A TIME

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IMPORTANCE OF BALANCE FOR ATHLETES: PATIENT HANDOUT

- **WHY** is balance important for athletes?
 - Balance is a crucial skill for athletes to improve because of the benefits that it provides. Some of the top benefits are listed below:
 - Preventing injuries via strengthening ligament and tendon integrity
 - Improves coordination
 - Improves reaction time
- **WHEN** can you do balance exercises?
 - Post surgery
 - When cleared by a doctor, DO NOT do any activity unless told by a doctor that is safe to do so
 - Wait until you have someone around to supervise you, if possible.
 - Balance exercises can be tricky, so for safety reasons it is best to have someone around to help you.
 - Doing balance exercises properly provides the most improvement. Having someone around to correct you or instruct you is helpful.
 - Before any athletic activity
 - Balance exercises can be used to warm up prior to athletic activity to prevent injuries.
- **WHAT** type of balance exercises
 - Consult with a PT or doctor
 - If you are unsure where to start, reach out to a doctor or PT to get a better understanding of what to do.
 - Know your limits and activity level
 - Certain sports require different types of balance
 - Start with balance exercises that are simpler and work your way up in difficulty
- **HOW** to progress in difficulty
 - Progress when you can consistently achieve 30 seconds without having to readjust yourself
 - Forms of progression
 - Doing the balance exercise with eyes closed
 - Changing the surface that is being balanced on
 - Having someone lightly push you multiple times

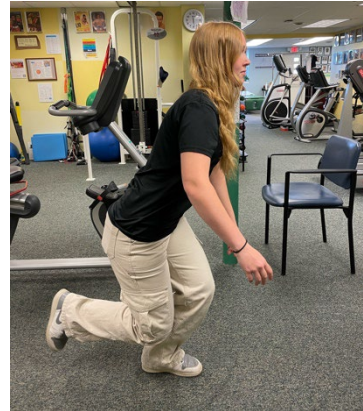
EXAMPLES OF BALANCE EXERCISES

Single Leg Balance



Hold for 30 seconds and complete 3 times

Single Leg Squat



Squat 15 times in a row, 3 separate times

Single Leg Hop



Hop 15 times in a row, 3 separate times

Single Leg Balance on Bosu Ball



Hold for 30 seconds and complete 3 times

Catch While Doing Single Leg Balance on Bosu Ball



Throw the ball 30 times in a row, complete 3 times

Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises can be done 3-5 days per week.

Moist heat can be used 15 minutes prior and ice can be used immediately after.