

Balance Training

Balance Exercise, American Heart Association 18.04.2018 [dostęp: 30.10.2022], online: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/balance-exercise>.

I. Study the text: *Balance Training at FIND YOUR BALANCE PHYSIO* – an advertisement presenting services of a physical therapy facility. Complete the gaps with the following words so that the text provides the information required for the reader to act on that offer.

alternating / athlete / benefits / control / dual / dynamic / extremity / falling / falls / improved / inflatable / letting / locomotor / motor / perturbations / posture / prevent / rapid / reactive / speed / strength / stroke / support / surfaces / tandem / variations

*Balance Training at FIND YOUR BALANCE PHYSIO
Come and see how it works!*

Balance exercise is one of the four types of exercise along with 1/____, aerobic and flexibility exercises.

Who is it for?

- Do you think you are prone to 2/____? If yes, would you like to 3/____ an injury?*
- Perhaps you need to improve 4/____?*
- Are you an 5/____? – It even works on your strength.*
- Perhaps you are an older adult and would like to improve standing balance and 6/____ performance?*
- In persons post 7/____ it can work wonders in terms of 8/____ dynamic trunk control, sitting and standing balance, and mobility.*
- Would you need to strengthen self-efficacy in balance 9/____? Our training program leads to improved fall-related self-efficacy, reduced fear of 10/____, increased walking 11/____, and improved physical function.*

You won't be bored!

Our program is varied – it incorporates exercises that include static vs.12/____ stability postures, changes in the base of 13/____, 14/____ in the height of the centre of gravity, as well as different standing 15/____ .

Additionally, after a while you should progressively reach higher levels of challenges in the form of more complex exercises involving both 16/____ and cognitive tasks (17/____ and multi-task activities).

Examples of our balance exercises include:

- Standing, weight on one leg and raising the other leg to the side or behind*

- Putting heel right in front of your toe, i.e. 18/_____ stance
- Standing up and sitting down from a chair without using hands
- Walking while 19/_____ knee lifts with each step
- Doing tai chi or yoga. Tai chi is a time-honored martial art that involves slow, rhythmic movements, including rotation of the trunk, shifting weight, coordination, and a gradual progression to narrowing the lower 20/_____ stance. It has gained recognition as a good exercise choice for the elderly. Studies have shown tai chi improves postural stability more so than other exercises. It also offers multiple musculoskeletal and cardiopulmonary 21/_____.
- Using equipment, like a Bosu (or other balance board), which has an 22/_____ dome on top of a circular platform, which challenges balance.
- Perturbation-based balance training (an intervention involving repeated postural 23/_____ aiming to improve control of 24/_____ balance reactions). This training has been proven to improve 25/_____ balance control in post-stroke individuals during sub-acute phase.

Over time, we can make these exercises harder by holding the position for a longer amount of time, walking tandem stance with support then without, closing eyes, 26/_____ go of chair or other support.

II. Talk to a partner and exchange opinions on the advert – consider the questions below:

1. Would you act on this offer?
2. Which exercises sound the most appealing to you? Why?
3. What goals would you like to achieve in terms of balance training?

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