

NEUROMUSCULAR REEDUCATION EXERCISES
STEP 1: PELVIC TILT & STEP 2: UNILATERAL BALANCE

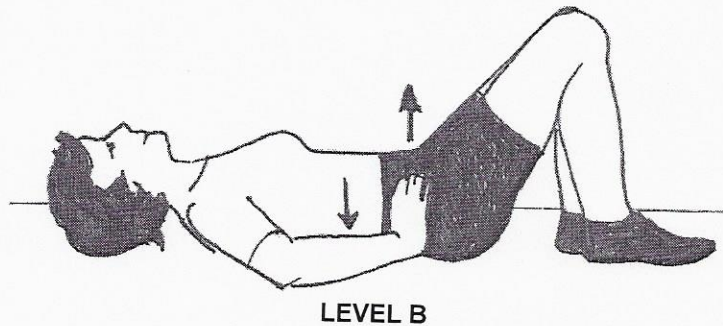
NAME _____ DATE _____

The key to these exercises is your ability to maintain balance while smoothly performing very specific movements. Speed does not substitute for balance and coordination.

NMR
STEP
1

____ Sets
____ Reps

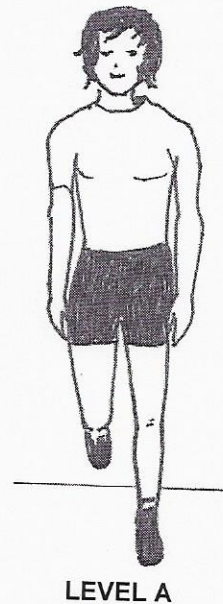
PELVIC TILT: Lie on your back. Bend your knees and place your feet flat on the floor. **Level A:** Explore pelvic tilting with the assistance of the therapist. **Level B:** Explore pelvic tilting on your own. **Level C:** Lower and raise one leg at a time, slowly so that it is parallel with the ground. Be careful not to lose your pelvic tilt.



NMR
STEP
2

____ Sets
____ Reps

UNILATERAL BALANCE: Establish a proper pelvic tilt. Balance while standing on one foot. **Level A:** Balance on one foot with the assistance of placing your fingertips against the wall or chair. **Level B:** Balance without assistance. **Level C:** While balancing on one foot, trace the alphabet (A-E) in the air with the toes of your raised foot. For an additional challenge, close your eyes while performing this NMR.



NEUROMUSCULAR REEDUCATION EXERCISES
STEP 3: SWISS BALL SEATED LEG LIFTS & STEP 4: BRIDGES

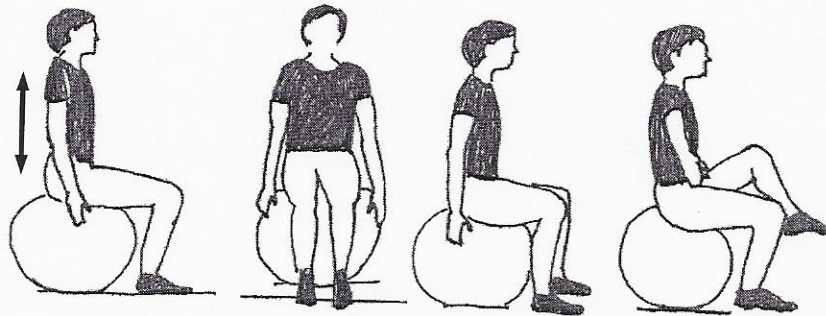
NAME _____ DATE _____

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NMR
STEP
3

— Sets
 — Reps

SEATED LEG LIFT: Sit on the ball with knees bent 90°. **Level A:** Explore pelvic tilting. Bounce up and down, easily at first, then a bit more energetic. **Level B:** Lift one foot at a time, beginning with heel raises, and slowly perform a small march. **Level C:** Lift one leg at a time, slowly so that it is parallel with the ground. Be careful not to slouch.



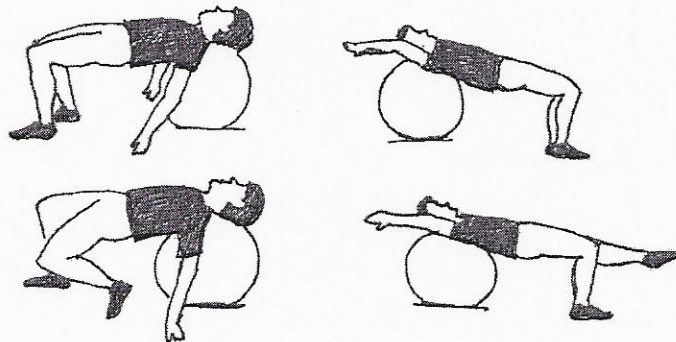
LEVEL A

LEVEL B

NMR
STEP
4

— Sets
 — Reps

BRIDGES: Sit on ball. Walk out to a horizontal position, keeping your shoulders on the ball. **Level A:** Explore pelvic tilting while keeping your back on the ball. **Level B:** Lift one foot at a time, beginning with heel raises, and slowly perform a small march. **Level C:** Lift one leg and the opposite arm at a time, slowly so that they are parallel to the ground.



LEVEL A

LEVEL C

NEUROMUSCULAR REEDUCATION EXERCISES
STEP 5: SWISS BALL CURL-UPS & STEP 6: SUPERMAN

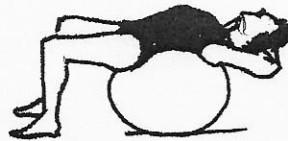
NAME _____ DATE _____

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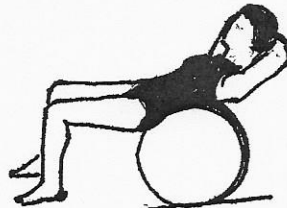
NMR
STEP
5

____ Sets
 ____ Reps

CURL-UPS: Sit on ball. Walk out to a horizontal position, keeping your shoulders on the ball. Establish a pelvic tilt. **Level A:** Curl up and reach toward your knees with your arms stretched out before you. If too difficult, place more of your back on the ball. **Level B:** Curl up with your arms folded across your chest. **Level C:** Curl up with your arms behind your head. Be careful not to strain your neck.



LEVEL C



NMR
STEP
6

____ Sets
 ____ Reps

SUPERMAN: Place the soles of your feet against the wall and your belly over the ball with your hips and knees bent at 90°. Establish a pelvic tilt. Keep your chin tucked in. **Level A:** Slowly push off the wall and align your trunk and legs in a straight line. Roll back. **Level B:** Perform Level A, and reach your arms in front of your body as though you were flying through the air like Superman. **Level C:** Perform Level B and add a swimming motion with alternating arm reaches overhead.



LEVEL A



LEVEL B