

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

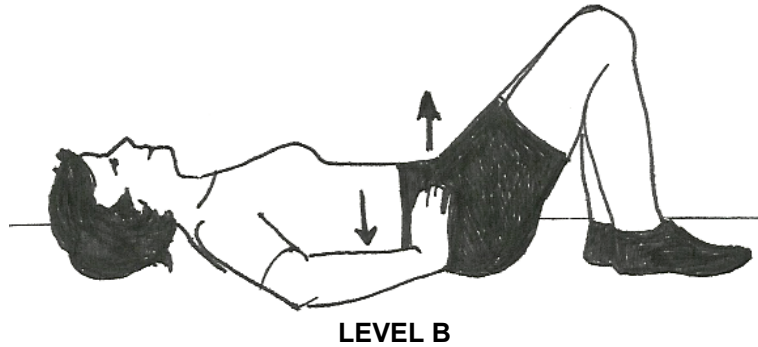
NAME _____ DATE _____

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.

