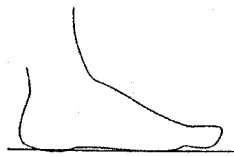


SPEED OF ACTIVATION OF THE MUSCLES OF SPINE /LOWER EXTREMITIES: SENSORY -MOTOR RETRAINING



Neutral

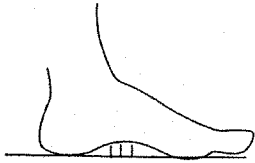


FIG. A

"SHORT FOOT " EXERCISES:

1-While sitting with your shoes off, shorten the distance between the balls of your feet and the heels (without flexing or extending your toes) by contracting the small muscles in your arches (fig. A). This will increase your arch height while making your foot appear shorter ("short foot").

2- Maintain the "short foot" while gently rocking your knees forward and backwards as well as side to side (remember to hold the arch muscles of your foot in contraction, while your toes stay relaxed).

3-After foot control has been attained sitting, this exercise is done standing. Stand on both feet and make the "short foot" while slightly bending both of your knees, tipping your pelvis backward, and looking straight ahead.

Rock your knees in different directions while maintaining the 'short foot'.

Step 1 and 2 above are done with feet on the ground.

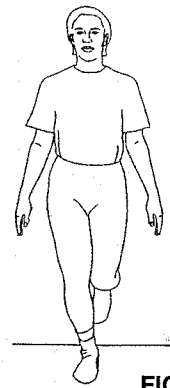


FIG. B

ONE-LEG STANCE EXERCISE:

Fig. B. Stand on one leg with your eyes open, while maintaining the "short foot" as discussed in step 3. Repeat with the other leg.

(Repetitions: hold for _____secs. & _____ X _____ per day).

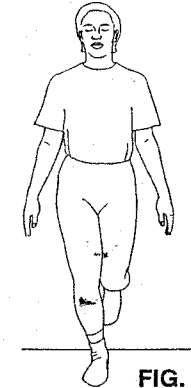


FIG. C

Fig. C. Stand on one leg with your eyes closed, while maintaining the 'short foot' as discussed in step 3 above. Repeat with the other leg.

(Repetitions: hold for _____secs. & _____ X _____ per day).

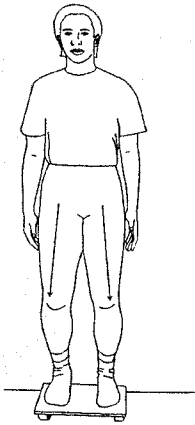


FIG. D

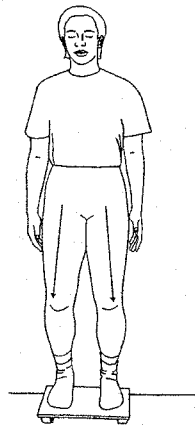


FIG. E

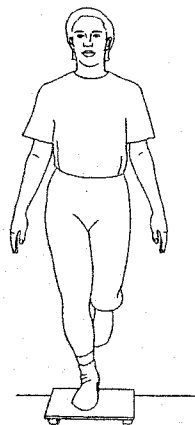


FIG. F

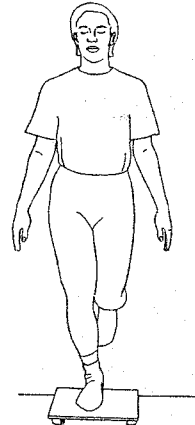


FIG. G

Fig. F. Repeat steps in Fig. D., then stand on one leg with your eyes open.

(Repetitions: hold for _____secs. & _____ X _____ per day).

Fig. G. Repeat steps in Fig. F. with your eyes closed.

(Repetitions: hold for _____secs. & _____ X _____ per day)

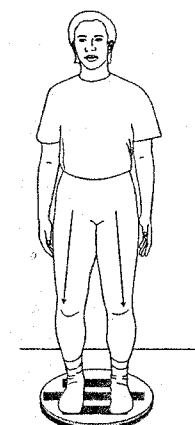


FIG. H

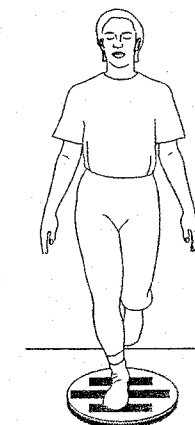


FIG. I

Fig. H Repeat steps in Fig. D & E. (Repetitions: hold for _____secs. & _____ X _____ per day)

Fig. I Repeat steps in fig. F & G. (Repetitions: hold for _____secs. & _____ X _____ per day)

Note: perform with eyes closed.

ANKLE BOARD EXERCISES:

Fig. D. Stand on the ankle board, and perform the "short foot" with both eyes open, while slightly bending both of your knees, tipping your pelvis backward, and looking straight ahead.

(Repetitions: hold for _____secs. & _____ X _____ per day).

Fig. E. Repeat Fig. D. with your eyes closed.

(Repetitions: hold for _____secs. & _____ X _____ per day)