

Balance and proprioception with a partner

Stand on one leg ensuring that your knee is soft and not locked into a straight position (Fig A).



Your partner can throw a ball in different directions to challenge your balance (Fig B)

Once you have caught the ball regain your balance and throw the ball back to your partner

Repeat with your partner throwing the ball in different directions and heights

Ensure that you regain your balance prior to each throw.

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.