

Identify & Describe 3 activ each?

3.

Sitting Bal Reactions in B? (3)

4.

Standing Bal Reactions in B? (3)

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Standing Babies

3.53 Makes Step @ MVMTS 8-10mo

~~child~~ makes walking type MVMTS spontaneously while stand @

3.53

1. While held of child to imitate marching

2. let child's legs move passively U & D

3. let child stand on your feet, "March" exaggerated

4. encourage child to march to music

5. encourage child to walk across rm to another adult while you support his trunk

6. hold child's shoulders ROT 1 shoulder FWD wait a step then ROT opposite

? 6 exer to work on BAL

Progressive

1 leg

2 leg

III easier to hand

REU

wood board

1ft

2ft

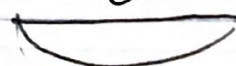
Sweet spot



Blue Pad
Foam 1ft

tiny OR
spike

half
bosa
ball



eyes
closed

EAS/EST

(2)

(3)

(1)

(5)

Wood
Board
at 90°

(6)

Wood
Board
at 90° +
eyes closed

Station
III

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Station 8 why BEROBAL test approp to assess balance in college athletes?

IV

6.

7.

8.

Station

IV

According to BES test, what are the 6 factors related to bal?

Give two ex of bal TRU Act you would incorporate into ROUTINES for older adults based on DC results

6.

Berg is test for OLD PPL → NOT for College ATHL
Chain transfer to chair = OLD

STAND UP Sit down

7.

1 Bio Mech constraints

2 STABILITY LIMITS

3. Transitions = Anticipatory Postural Adjustment

4. Reactive Postural Response

5. Sensory Orientation

6. Stability in GAIT

8. sit-to-stand Pivot from chair
Turn head while walking

Station IV

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Station
V

□ □ + □ □

SIDE-HOP

30cm dist

one leg hop

time 10 reps each leg

9. Yes appropriate
for College ATHL

Not too easy

easier

Side Better

ABILITY explosive.

Station
V

10. Right leg performance v. Left leg performance
Diff in Recovering from INJURY

Station

11. 3 common themes in the
checklist for preventing falls

FALLS

- OBSTACLES, Slippery Surfaces,
and things that are out of reach
and LIGHTNING

12. How can you
use your
College degree
to help prevent falls

educate people
about how to be
Aware of their
Surroundings.

vision
bal

VII

of older
adults

Met
Life
CDC
2005

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484 Stations

Station 1 Cryphon

Station 4:

HB head
back

11-01-2017

1. CALC eyes closed/eyes open ratio to determine how visually reliant u are
SLS EO 60sec SLS EC 60 SLS ECHB 27.5
2. Which sensory condition impaired
by the most
"eyes/cl Head Back" > vestibular

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