

SHARP TIP

(add to any exercise to destabilize and improve balance ... and increase energy cost)

**Stance, Heavy, Arms, ROM, Posture,
Tempo, Inertia, Planes**

Stance

Base of Support – narrow or wide
One foot
Head / eyes

Heavy

Imagine the limb or movement is heavy and difficult to do. This changes the muscle recruitment pattern.

Arms

Reciprocal, non-reciprocal, behind back, different plane, unilateral, bilateral, CIT, overhead, ipsilateral

ROM

Lever, bigger movement, larger reach, bigger jump, more flexion / extension, abduction / adduction, internal and external rotation, circumduction, bigger steps, reps, cross midline

Posture

Train with good alignment – it increases function. Poor posture is extremely common in our populations – even with those who exercise.

Tempo

Slow, slower, slowest

Inertia (stop)

Stops (short or long), direction changes, re-starts without alignment changes

Planes

We move mostly in sagittal plane. Add coronal and horizontal. Mix arms and legs and body. Multiplanar movement increases balance difficulties.