

HOME EXERCISE PROGRAM

Balance & Proprioception Program

Retrain balance and joint awareness to protect against re-injury

This program retrains balance and proprioception — your body's sense of joint position — which is essential for protecting the knee, ankle, and hip against re-injury. Always work near a counter or wall for safety and progress only as you feel steadier. Move to the harder variations once the easier ones feel secure.

STATIC BALANCE

Build a steady base. Hold each position and keep the hips level.



Tandem Stance

3 × 30-sec holds each way

Place one foot directly in front of the other, heel to toe, and hold your balance. Switch which foot is in front and repeat.



Single-Leg Balance

3 × 30-sec holds each leg

Stand on one leg and hold your balance with your hips level and eyes ahead. Switch legs. Progress by standing on a softer surface.



Eyes-Closed Balance

3 × 20–30 sec each leg

Stand on one leg and close your eyes while you hold your balance. Stay next to a counter for safety. Switch legs.

UNSTABLE SURFACE

Challenge balance on a soft or unstable surface. Keep your core tight.



Foam Pad Balance

3 × 30-sec holds

Stand on a foam pad with both feet, then progress to standing on one leg. Keep your balance and switch legs.



BOSU Balance

3 × 30-sec holds

Stand on a BOSU (dome side up) and hold your balance; progress to single-leg. Keep your core tight and switch legs.

DYNAMIC & REACTIVE BALANCE

Add movement and reaction. Return to center under control after each reach.



Star Excursion Reach

2 sets × 3 reaches each direction

Stand on one leg and reach the other foot forward, out to the side, back, and diagonally, returning to center after each reach.



Single-Leg Reach

3 sets × 8 each leg

Stand on one leg, hinge forward at the hips, and reach forward with your hands, then return to standing. Keep the knee stable.



Clock Reach

2 sets around the clock each leg

Stand on one leg and reach the other foot to each "clock" position (12, 3, 6, 9 and the points between), returning to center after each reach.



Perturbation Training

2–3 × 30 sec each leg

Balance on one leg (progress to a foam pad) while a partner gently pushes you in different directions; resist and rebalance each time.

you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/balance.html

© 2026 Robert Pettit, MD · Beacon Orthopaedics & Sports Medicine