

# Erbst OrthoSport



## **Balance Reach – Medial**

Balance on RIGHT/LEFT foot, approximately \_\_\_\_\_ inches from the wall, with RIGHT/LEFT foot closest to the wall. Keeping weight on your RIGHT/LEFT heel, reach toward the wall with the opposite foot to try to touch the wall. Return to starting position. Keep your chest up. Keep the knee of the stance leg in line with your foot.

Repeat \_\_\_\_\_ times per set. Perform \_\_\_\_\_ sets, \_\_\_\_\_ times per day/week.

***Erbst OrthoSport Physical Therapy***

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