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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