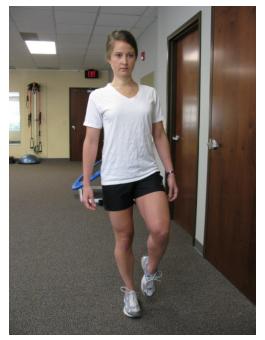
Erbst OrthoSport





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

(919) 612-1673