

WELCOME TO THE STOMP TECHNIQUE AWARENESS MAT

Ready to take your fitness to the next level?

Hello and Good Day, Let's get started!

Please hit the like button.

Vestibular exercises are designed to improve balance and coordination by targeting the vestibular system, which is responsible for maintaining equilibrium and spatial orientation.

Here are 10 vestibular exercises with progressions and regressions:

1. **Standing on One Leg:**

- Progression: Lift one leg off the ground and hold for 30 seconds. Repeat on the other leg.
- Regression: Hold onto a stable surface with one hand while lifting one leg off the ground and hold for 15 seconds. Repeat on the other leg.

1. **Tandem Walk:**

- Progression: Walk in a straight line, placing one foot directly in front of the other, heel-to-toe. Try to maintain balance and coordination.
- Regression: Walk in a straight line, but place your feet slightly apart to provide a wider base of support.

1. **Balance Board:**

- Progression: Stand on a balance board and maintain balance while keeping the board level.
- Regression: Stand on a solid surface with one foot in front of the other, heel-to-toe, to simulate a balance board.

1. **Clock Reach:**

- Progression: Stand on one leg and reach your opposite arm forward, sideways, and backward, mimicking the hands of a clock.

- Regression: Stand with both feet on the ground and perform the arm reaches to improve coordination and balance.

1. Tai Chi Stance:

- Progression: Assume a Tai Chi stance by standing with your feet shoulder-width apart and slightly bending your knees. Hold this position for 1 minute, focusing on stability and balance.
- Regression: Stand with your feet slightly wider apart and bend your knees less, providing more stability.

1. Balance Pad Exercises:

- Progression: Perform various exercises on a balance pad, such as squats, lunges, or single-leg stands.
- Regression: Perform the same exercises on a stable surface, such as the ground, to provide more support.

1. Ball Toss and Catch:

- Progression: Stand on one leg while tossing a small ball to a partner and catching it.
- Regression: Stand with both feet on the ground and perform the ball toss and catch to enhance hand-eye coordination.

1. Foam Roller Walk:

- Progression: Walk on a foam roller, maintaining balance and coordination.
- Regression: Place the foam roller on the ground and step over it with alternating feet, simulating the walking motion.

1. Yoga Tree Pose:

- Progression: Stand on one leg and bring the sole of the opposite foot to the inner thigh of the standing leg. Raise your arms overhead and hold the pose for 30 seconds.
- Regression: Stand on one leg and bring the sole of the opposite foot to the ankle or calf of the standing leg for added stability.

1. Head Turns:

- Progression: Stand with your feet shoulder-width apart and slowly turn your head from side to side while maintaining balance and stability.

- Regression: Perform head turns while seated in a chair to focus on coordination and neck mobility.

Remember to start with exercises that match your current level of balance and gradually progress to more challenging variations. It's essential to prioritize safety and listen to your body during these exercises. Incorporating vestibular exercises into your routine can help improve balance, coordination, and overall stability.