

**Appendix:** Exercises of the eight-week proprioceptive training programme [posted as supplied by author]

**One-legged knee flexion** Stand with your right foot forward and swing your left foot back, with your feet roughly one shin-length apart. Full bodyweight should be directed through the mid-foot region of your right foot.

**Movement** Bend your right leg at the knee and lower your body until your right knee reaches an angle of about 110° between the thigh and the lower leg. Keep the knee centred over the ball of the foot. As you carry out this squat your left arm should swing forward. Then return to the starting position, maintaining upright posture and returning your left arm to your side.

**Number** Perform two sets of 15 reps for each leg.

**Difficulty level**

- (1) perform the exercise on even surface
- (2) perform the exercise on even surface with eyes closed
- (3) perform the exercise on the balance board



**Toe raise** Stand on both feet, upright with your heels over the edge of a raised surface. Make sure your feet are comfortably apart and your toes are pointing forward. Hold on to a wall or a bar for balance.

**Movement** Start with your heels down as far as possible in a good stretch. Keep your knees straight and stiff but not locked. Rise up onto the balls of your feet, moving only at the ankles. Your body should remain upright. Slowly lower your heels to the starting position in a controlled manner.

**Number** Perform two sets of 15 reps for each leg.

**Difficulty level**

- (1) perform the exercise on high surface with handhold
- (2) perform the exercise on high surface without handhold



**One-legged stance** Stand on your right foot with relaxed, upright posture and with your left leg flexed at the knee; the left foot is off the floor.

**Movement** Your right, weight-bearing leg should be lightly flexed at the knee, hip, and ankle, as if your right foot is on the ground during the act of running. Simply hold this position for one minute. Change to the left leg as the weight-bearing leg.

**Number** Perform 3 sets for each leg.

**Difficulty level**

- (1) perform the exercise on even surface
- (2) perform the exercise on even surface with eyes closed
- (3) perform the exercise on the balance board



**Runners' pose** Stand relaxed with erect body posture, with your feet five centimetres apart.

**Movement** Swing your left thigh ahead and upward until it is parallel to the floor (your leg should be flexed at the knee as you do this, so that the lower part of the leg is nearly perpendicular with the ground); simultaneously bring your right arm forward, as during a normal running stride. Hold this position for eight seconds and, while maintaining stability and balance, bring your left foot back to the ground and your right arm back to a relaxed position at your side.

**Number** Perform 15 repetitions for each leg.

**Difficulty level**

- (1) perform the exercise on even surface
- (2) perform the exercise on even surface with eyes closed
- (3) perform the exercise on the balance board



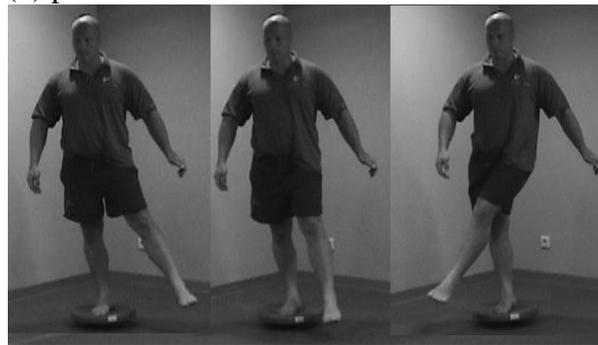
**Crossed leg-sway** Lean forward slightly with your hands on a wall or other support and your weight on your right leg.

**Movement** Swing your left leg to the right in front of your body, pointing your toes upwards as your foot reaches its farthest point of motion. Then swing the left leg back to the left as far as comfortably possible, again pointing your toes up as your foot reaches its final point of movement.

**Number** Repeat this overall motion 15 times with erect body posture and good balance.

**Difficulty level**

- (1) perform the exercise on even surface with handhold
- (2) perform the exercise on even surface without handhold
- (3) perform the exercise on even surface with eyes closed and without handhold
- (4) perform the exercise on the balance board



**Toe walk** Stand high up on your toes.

**Movement** Walk for 4 metres high up on your toes with your toes pointing forward, turn around and walk for 4 metres high up on your toes with your toes pointing outward. Turn around again and walk for 4 metres with your toes pointing in. When you point your toes out or in, be sure to turn your legs outward or inward from the hips.

**Number** Repeat the forward, toes-out, and toes-in pattern of toe walking 3 times for each leg.

**Difficulty level**

- (1) walk on even surface
- (2) jump on even surface

