



Tip of the Week

Daily exercises to perform whilst at work

Week 26 of 52 – One leg standing

A simple way to stimulate your core muscles during a busy day at work is simply to practice balancing on one leg. This will stimulate a system in your body known as 'proprioception' which helps to protect you and your joints when you are moving around or slightly off balance.

If you start to feel confident standing on one leg you can progress to standing on one leg with your eyes closed. If you wobble a lot then revert back to gaining confidence with your eyes open. Ideally, you should feel happy standing on one leg for as long as 30 seconds with your eyes closed.

As we get older our sense of balance can diminish if not regularly used, which is often the case if we are sedentary, so stay youthful by regularly practicing being off balance. A good idea is stand on one leg when cleaning your teeth - so at least you get to practice twice a day!

If you find this exercise difficult to do, then it is possible that you have an injury such as an old ankle sprain or knee injury that hasn't fully recovered. If you find standing on one leg difficult to do, then get checked to ensure that your joints are functioning properly to avoid future problems developing.

Remember to repeat each leg.



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