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## Achieving Balance Confidence: 17 Key Points

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### Key points:

1. Break down the task into components.
2. Work on a strong and stable foundation (i.e. begin with posture).
3. Progress to something challenging then revert back to an easier task.
4. Educate yourself! (i.e. look up proper posture, research balance, learn about the systems that perceive balance; learn about the systems that react to balance, etc.).
5. Practice! There are no quick fixes. (practice in a mirror, test your friends).
6. Work to music. Balance and rhythm go hand in hand. Learning Tai Chi is a wonderful form of balancing mind and body.
7. Add a small task while balancing (task can be physical or mental). The natural ability to balance does not require excessive concentration and in doing so can actually make your balance worse. While practicing balance, count backwards from 100 by 2's, say nursery rhymes, talk on the phone, etc.)
8. Use appropriate equipment to put your mind at ease. Just because you may use a walker during unstable times, does not necessarily mean that you will use it for life. Don't hesitate to use an assistive device while you are having balance issues.
9. Incorporate visualization techniques. While sitting or lying down quietly with your eyes closed, visualize how you look when your balance is perfect. Visualize walking in familiar areas with confidence, without hesitations and with perfectly flowing movement.
10. Apply confidence building techniques to balance (i.e. be positive, play the role, note your successes, etc.)

11. Don't be negative...it wastes energy and does not give you any additional control over a given situation. It's hard to be positive or to think positive all the time but is something that you need to work on.
12. Keep things in perspective. You are human which makes you imperfect. Accept what you cannot change and work on what you can.
13. Don't sweat the small stuff. Don't spend your days tense with anticipation of when you are going to fall. Being guarded and rigid only makes balance worse. Use reasonable measures and precautions but don't let it become so extreme that it becomes the source of your balance problem. Learn what you can from life's little blunders and move on.
14. Set reasonable goals. Know what your confidence level is so that you know what you need to work on.
15. Learn about falling. This does not mean throw yourself onto the floor but rather learning about "safe" ways to fall. Watch sports that often involve falling (i.e. gymnastics, bull riding, ice skating, skiing) and observe how they fall.
16. The better shape that you are currently in, the more prepared you are to deal with anything that life dishes out.
17. Know when to ask for help.