



Sitting Balance Guidelines and Tasks

Directions: Using the information collected from your evaluation and the activities described in each sitting balance level below, determine which level of activity is most appropriate as a starting point for your patient. Once the level of balance has been decided, please involve the patient in the selection of 4 activities that they would like to practice within the chosen level. Tasks are completed in 2 sets of 10 reps.

Criteria for progression to the next level of activities: Ability to demonstrate correct form (midline orientation with appropriate pelvic tilt) of the exercise for at least 8 of the 10 repetitions with all 4 tasks. If a patient is able to complete 8/10 reps of an individual task, please D/C the successful task to their home program. Then select another task in place of the successfully completed task from the same category until all 4 tasks have an 8/10 success rate.

Maintenance: Eventually, all patients will reach a true plateau. After following the action plans outlined in the General Guidelines, if a patient has still made no progress in 2 weeks, they will be considered to have reached a true plateau. A plateau is defined as no progress for 2 weeks at an exercise level. At this time the patient is moved to the maintenance phase. Patients are instructed to continue performing the balance exercises at the level prescribed at the final treatment session in their HEP.

Definition of correct form: Midline orientation must be independently maintained or regained.

Level 1

1. Short Sitting with UE support with hands positioned at knees
2. Long Sitting with UE support with hands positioned at knees
3. Long Sitting with UE support with hands positioned posterior to hips
4. Long Sitting: Able to move upper extremities from posterior to hips to knees
5. A/P weight shifts, both hands
6. M/L weight shifts, both hands

Level 2

1. In short sitting, side lying on elbow
2. Short Sitting with UE support with hands positioned posterior to hips
3. Short Sitting: Able to move upper extremities from posterior to hips to knees
4. Sitting Arm Circles , unilateral support
5. Sitting knee lifts, arms to side, bilateral support
7. Sitting marches, unilateral support
8. Head turns, both hands
9. A/P weight shifts, one hand
10. M/L weight shifts, one hand
11. Reaching for objects, one hand
12. Head turns, one hand
13. In short sitting, side lying on elbow with balloon taps



Level 3: All in Short Sitting

1. Sitting marches, arms across chest
2. Sitting knee lifts, arms across chest
3. A/P weight shifts, no hands
4. M/L weight shifts, no hands
5. Reaching for objects, no hands
6. Ball Toss, no hands
7. Cone pick-ups, no hands
8. Head turns, no hands
9. Trunk turns, arms across chest

Level 4: All in Short Sitting

1. A/P weight shifts on foam
2. A/P weight shifts feet off floor
3. M/L weight shifts on foam
4. Reaching for objects on foam
5. Ball toss on foam
6. Cone pick-ups on foam
7. Eccentric trunk control side leans, all directions
8. Partial sit to stands
9. Head turns, foam
10. Trunk turns on foam

Level 5

1. Dynadisc activities
2. Scooting, all directions
3. Short sitting: Scooting up/down 2" elevation
4. Long sitting: Scooting up/down 2" elevation
5. Sit to stands with varying heights depending on ability
6. Ball toss with trunk turns
7. Short sitting 2 ball toss
8. Long sitting 2 ball toss
9. Ball toss against rebounder- assorted weighted balls
10. Kneeling on prayer bench with balloon tap