



Staying fit for tennis

Part 3 Balance

Three simple balance exercises to keep you fit for tennis:

Balance is the foundation to movement and is vital for good sporting performance. However, as we age our balance gradually deteriorates making some tasks more difficult, like balancing on one leg to put your socks on. This is a natural decline but it can also be related to existing conditions or medication. Simple balance exercises can make a huge difference to maintaining your balance.

Better balance allows you to move faster, improve your performance and help prevent injury.

As a physiotherapist I know that the simpler and easier the exercise, the more likely it will get done.

So I have put together three easy balance exercises that will help to maintain your balance. The exercises are simple, can be done at home and no equipment is needed.

Exercise 1: When brushing your teeth, try to get into the habit of balancing on one leg and then the other. You may have to hold on at first but gradually your balance should improve and you won't have to.

Exercise 2: See how long you can balance on one leg first with your eyes open and then with them closed. It is really hard to do it with them closed, but if you can improve the length of time you can do it, you will know that you really are improving your balance.

Exercise 3: Stand near to a wall in case you need to touch it for balance. Stand straight and try to walk by placing your right heel on the floor directly in front of your left toes (heel toe walking). Then do the same by placing your left heel directly in front of your right toes. Try to continue walking like this for 5 steps. With time, as your balance improves, you should be able to walk further.

Keep exercising to keep playing.

For more information, go to www.fitterforever.org

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NB: If you have any existing medical conditions or require individual advice, then you should check with your GP or appropriate healthcare professional before undertaking any exercise or stretching programmes. © Fitter Forever Ltd 2014

