

## e-KardíaGram

*People with their minds set on you, you keep completely whole, steady on their feet, because they keep at it and don't quit. Depend on God and keep at it because in the Lord God you have a sure thing. (Isaiah 26:3-4 The Message)*

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock. (Isaiah 26:3-4 NLT)*

**R**estoration of proprioceptive function is a fundamental property of any functional rehabilitation program. Balance and the ability of the body to resist toppling over is necessary not only for activities of daily living, but even more for participation in any type of physical endeavor such as sports, dance, hiking, and many others that require more mobility than just walking.

Operating by a simple reflex arc, the muscle-tendon units of an extremity fire repeatedly to coordinate one's balance and to attempt to prevent joint movement that would result in an injury or re-injury. In the lower extremity, a progression of difficulty starts with balancing with the injured limb planted on the floor, then removing visual stimuli by balancing with the eyes closed. Once this ability is improved, a foam pad can be placed under the foot to create a more unstable surface on which to balance. After a good level of standing stability is achieved, adding movements on an unstable surface to purposely upset the body's balance is the next step. On like this rehabilitation can go, using increasingly unstable and difficult surfaces and activities to re-establish and improve one's proprioception and enable a full return to physical activity.

And such is life, isn't it? Can you predict what is coming next on the unstable surface of your path? Are you teetering precariously on a wildly shaking lower extremity, desperately swinging your arms and leaning every possible way to try to keep yourself from falling in a heap on the floor, or are you trained to solidly move forward through what each day brings? The process of getting better at living life closely resembles the rehabilitation program described above. Think of the challenges you encounter as God's way of developing your spiritual, emotional, and mental proprioception. Set your mind and fix your thoughts on Him. Keep at it. Don't quit. When you finish your rehab program you'll be standing on the Rock.

—Jeff Russell

Rehabilitation