**B.2. Optimal Standing Position (OSP)**: video #2 (Slide 18-20)

* 1. **Purpose:**

1. Attain the best position for your body to most successfully use dynamics of the braces
2. Train your body and brain that this is a comfortable position
3. Learn to relax in this position so you can stand for long periods of time
4. Learn that this is a place of optimal balance
5. Offers a starting point for most activities
   1. **Progression:**
6. Start facing counter/parallel bars. Later move to chair, then move away from counter/chair
7. All weight in knee cuff of brace
8. Feet placed wide below your hips or farther apart
9. Hips forward – way forward to almost a point of pain
10. Weight as far back towards heels as possible
11. Shoulders back
12. Head looking at least 10 feet ahead of you – this requires motor planning, which is the ability to anticipate what is coming up next for you and how you will move around the challenge ahead
13. What happens when buttocks goes back - head goes down, etc. Demo: Trying to take a step. See above B.1.i.1
14. Start holding this position while holding on - gradually let go. You will know when you have your balance in this position when you KNOW your knee will not collapse and you feel like you can relax/rest into this position.
15. Balance in this position longer and longer, and feel stable
    1. **Challenges to success:**
16. Knee flexion contracture (tightness)
17. Hip flexion contracture (tightness)
18. Back pain – probably from hip flexion contracture, and other things
19. Significant scoliosis
20. Your brain telling you: “It can’t be done; I will fall; my knee won’t hold; my body doesn’t do that; and, and, and…”
21. These obstacles do not mean you cannot succeed. They mean your way of doing them may need to be adapted