

Balance Strategies

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

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1 Ankle Strategy

- An example of the Systems theory of motor control¹

2 Hip Strategy

- “when standing crosswise on a narrow balance beam, a more challenging task, the strategies used to maintain balance change”¹.
 - “A proximal to distal sequential activation of the abdominals, quadriceps, and tibialis anterior muscles will be used”¹.
 - Used in response to bigger threats to balance¹
1. Effgen SK, Fiss AL, eds. *Meeting the Physical Therapy Needs of Children*. 3rd ed. F.A. Davis Company; 2021.