

Personalized Interventions Based on Test Results

Check the boxes that correspond with exercises that you should do based on which tests you did poorly on.

- ToePro Exercises:** You need to do this exercise if you did poorly on the anterior reach test, the heel-raise metronome test and/or if you have weak toes. The typical routine is outlined in figures 5 and 6.
- Lateral Step Ups (Fig. 9):** If you scored poorly on the sit-to-stand test, do 2 sets of 15 repetitions of this exercise, 4 times per week. You should also do this exercise if you have difficulty going up or down stairs.
- Metronome Alternate Step Exercise (Fig. 10):** This exercise is performed if you could not do 8 alternate steps in less than 10 seconds. The most common exercise prescription is to do alternate step ups on a 6-inch platform for 30 seconds with the metronome set at the highest pace you can comfortably maintain. Repeat this routine 3 times.
- Hip Strengthening Exercises (Fig. 13):** If you generated less than 20% of your body weight with the hip rotation test, do one set of 60 repetitions of the standing clamshell exercise and follow this with 2 sets of 15 repetitions of both the fencer's lunge and curtsy step up. Do this routine 4 times per week.
- DNS Core Exercise:** This exercise is for people who were unable to hold the beginner side bridge illustrated in figure 15 for 45 seconds. The DNS core exercise is performed by alternately flexing and extending the upper hip while you're in a side bridge position (Fig. 16). You may need to strengthen your hips, core, and/or shoulders prior to beginning this particular exercise. A great routine is to strengthen your hips is to do 2 sets of 15 repetitions of the standing clamshell and curtsy step up exercise. You can strengthen your core by holding the beginner side plank exercise for as long as possible. You should repeat this process 3 times holding to the point of fatigue.
- The McHugh Protocol (Fig. 18):** Because balance deficits occur so rapidly as you age, anyone over the age of 60 should perform this exercise for 3-minutes on each leg daily. It is especially important to do this exercise if you failed the 10-second balance test, 256 cps tuning fork test and/or the Near Tandem Stand Test.
- Balance Buttons:** You should be wearing *Balance Buttons* if you were unable to feel vibration from the 256 CPS tuning fork and/or if you performed poorly on the Near Tandem Stand Test. Placement is reviewed in figure 22.
- Rotational Ankle Exercise (Fig. 25):** This exercise is performed if you did poorly on the 10-second Balance Test, the 256-cps tuning fork test and/or the Near Tandem Stand Test. The complete routine is described in figure 25.
- Calf Stretches (Fig. 27):** People with less than 34° of upward motion at the ankle should do the stretching routine illustrated in figure 27. Because flexibility gains are so short-lived, you should do these stretches on a daily basis.
- The Two-to-One Ankle Rockboard (Fig. 28):** If you have less than 25° of rearfoot inversion/eversion, you should do the rockboard exercise building up to 60 clockwise rotations with your left foot, then 60 counterclockwise rotations with your right foot. As you progress, considered adding 30 repetitions of the advanced protocol on each foot. You should do this routine 4 times per week.
- Neck and mid back stretches (Figs. 29 and 30):** Perform the stretches illustrated in figures 29 and 30 daily.
- Use the *Peel and Stick Varus Posts*, toe separators, and/or toe crests depending upon your foot architecture.** See figures 35 through 37.