

Exercises of Daily Living

The following daily exercises serve to deepen your gait and posture patterns. They show deficits and mistakes of daily movement patterns. Try to do the exercises as precisely as possible. You should practise and try to perfect/make automatic the particular exercises which cause you the most effort.

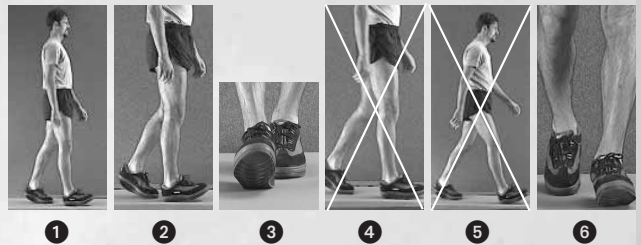
Standing in MBT

Make standing a useful daily exercise by always balancing on the tilting edge, either one foot at a time or both feet at once, or circle the feet ①-⑦. One legged balancing greatly improves the leg muscles ①, ②, ④, ⑦. Rock backwards and forwards with a stretched posture ① without allowing the foot to fall inwards at the heel ②, ⑦. When striding ③ do not step on your fore-foot, but feel for the tilting edge ⑥. Put your weight on it and powerfully step over it. Slowly walk backwards. To help you do this imagine a rewinding film.



Balancing

In slow motion with an out-stretched posture, roll over from the heel, then to the mid-foot, then to the fore-foot ①-③. Begin to roll only after you have completely compressed the heel sensor ②. Load the mid-foot the longest and strongest ②. With ④-⑤ the roll takes place too early on the fore-foot whilst the heel sensor is loaded too lightly and for too short a time. Therefore the centre of gravity is too far behind the foot ⑤ or the foot too far in front of the body respectively. Do not allow the foot to fall inwards ⑥, as shown here with the left foot.



Pulling the step behind the body

Do not place the step in front of the body ①, ②. Instead gently and powerfully compress the tilting edge into the ground directly under the body ③, ④. Then pull the step through to the back by tightening the buttock muscles. The leg that steps too far in front of the body causes a stop effect in the gait pattern and creates shocks to the joints. In this case, do not step in front of the body. Instead concentrate on pulling the step behind the body ⑤.



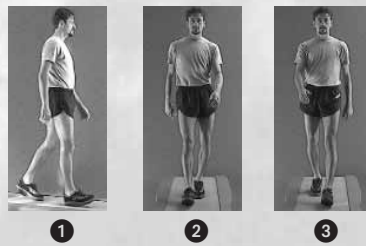
Going uphill

When going uphill try and be as upright as possible ① and do not bend forwards ②. Make sure that the step is not too wide in front of you ②, Press gently but powerfully into the ground, the mid-foot-tilting edge directly under the body ①. A step that is too far in front of the body creates a slumping posture ② instead of remaining straight ①.



Going Downhill

Under no circumstances allow the step to be placed too far in front of the body. Stretch your leg lengthwise under the body and press the mid-foot at the tilting edge gently into the ground ①. As slowly as possible roll from the hind foot to the fore-foot (foot-roll-brake). With a stretched posture, relaxed thigh muscles and powerful mid-foot action, the pelvis rotates in all directions ②, ③.



MBT on stairs

When climbing stairs walk as if you were in normal shoes, only on the fore-foot. Do not roll when climbing up or down the stairs.

