

6 WAYS

You can incorporate motor learning principles to improve single leg stance stability.



ENHANCED EXPECTANCIES

Provide positive feedback after successful trials.



ENHANCED EXPECTANCIES

Change the definition of success so the task is appropriately challenging.



AUTONOMY

Provide choices of different exercises and progressions.



AUTONOMY

Provide choices of the order in which they will perform prescribed exercises.



AUGMENTED FEEDBACK

Choose the right modality (visual, auditory, tactile) to correct errors.



EXTERNAL FOCUS OF ATTENTION

Incorporate to make actions more automatic and reduce conscious control.