On-Site Solutions
PHYSICAL THERAPY

QUESTIONS?
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Why Balance Matters

Your Health

Good balance is essential for overall health and quality of life. Balance training improves physical function and helps maintain independence as you age. Regular balance exercises can also improve coordination, strengthen your core and leg muscles, and boost confidence in daily activities. Better balance means you can move safely and efficiently whether you're climbing stairs, carrying groceries, or playing with your kids.

Site Safety

Slips, trips, and falls account for over 40% of all construction accidents. On construction sites, you face unique challenges that test your balance every day:

- Working on uneven, inclined, or unstable surfaces
- Carrying loads while maintaining stability
- Navigating scaffolds, ladders, and elevated platforms
- Dealing with fatigue that decreases body stability and coordination
- Working in challenging conditions (wet, oily, or cluttered surfaces)

Poor balance and postural instability are major contributors to fatal and nonfatal falls in construction. Research shows that construction workers with balance problems have a significantly higher risk of workplace injury. The good news? Just 15 minutes of daily balance training can improve your postural stability and reduce your fall risk on the job.

What is Balance?

- Balance is controlled by three main sensory systems working together:

Proprioception (Body Awareness)

- Your muscles, joints, and tendons send signals to your brain about where your body is in space. Your ankle and hip joints help provide feedback when balancing. Injuries or weakness in those joints can affect your balance.

Vestibular System (Inner Ear)

- Your inner ear contains fluid-filled canals and organs that detect head movement and position in space. This system helps you know if you're upright, tilted, or moving.

Vision

- Your eyes provide visual cues about your position relative to your surroundings. This is why it's harder to balance with your eyes closed and easier when you focus on one spot.

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Exercises Based on Your Results

Safety Tips

- Always practice near a wall, counter, or sturdy chair
- Wear supportive, non-slip footwear
- Clear the area of tripping hazards
- If you feel dizzy or unsteady, stop and rest

If Task 1 was hardest - Focus on improving proprioception

Practice standing heel/toe on a firm surface.

Easier

Practice standing on one foot with a leg reach

Harder

If Task 2 was hardest - Focus on improving vestibular function

Practice standing with feet together, eyes closed on firm surface (build up to 30 seconds)

Easier

Balance with head turns/nods (feet together → heel/toe → walking)

Harder

If Task 3 was hardest - Focus on challenging all systems together

Practice single leg balance on progressively unstable surfaces (pillow → foam pad → BOSU)

Easier

Combine balance with other tasks: stand on one leg while catching a ball or reaching across body

Harder

- *Incorporate single leg/arm activities into workouts: single leg calf raises, reverse lunge to march, single arm overhead press, suitcase carry*