

Figures:

Balance-training programme

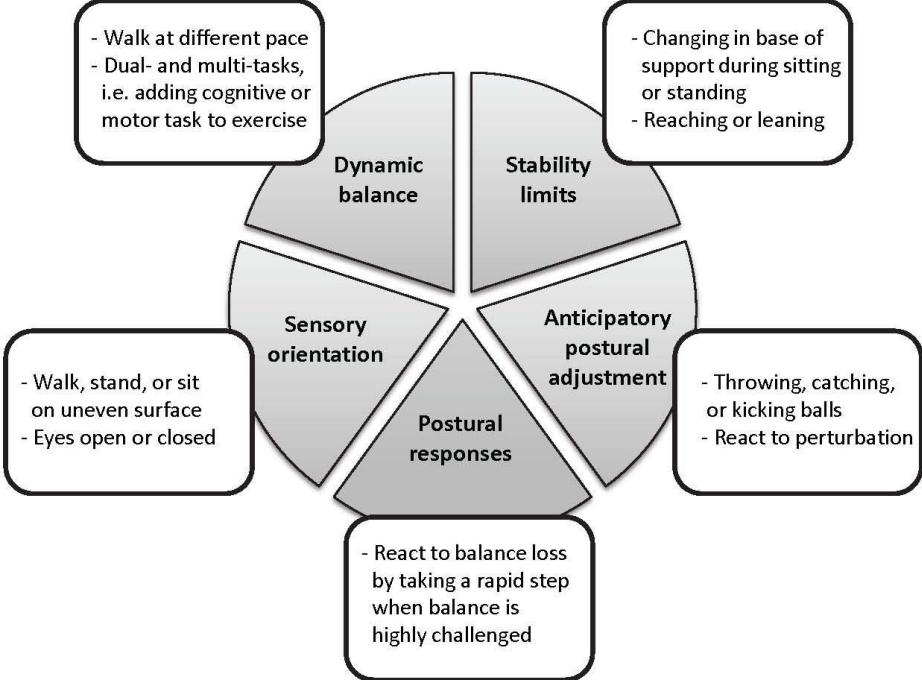


Figure 1. Illustration of the balance training programme and the various components in the programme associated with the different systems that contribute to balance control.

Balance training older adults



Figure 2. Sitting in a circle, kicking a ball, holding arms in different positions (crossed over the chest or placed in the lap).



Figure 3. Standing in a line, passing (rolling) a large ball, slalom, with different bases of support (feet close together or one foot on balance cushion).

Balance training older adults



Figure 4. Slalom walking around five balance-disc cushions, placed in a row wide apart, while performing an added motor task (carrying a tray of drinking glasses).



Figure 5. Walking, stepping on four to seven balance cushions placed in a straight line, touching or apart. Step with one foot on the cushion or with both feet.



Figure 6. Walking forward at a fast speed, finishing with stepping up and down on two height-adjustable step platforms while performing a motor task (rolling a Ping-Pong ball on a tray).

Balance training older adults



Figure 7. Different foot positions using a balance-disc cushion.



Figure 8. Two participants performing a balance-demanding exercise: sitting on balls and passing round a small ball. The participant to the left has both his feet on an uneven surface with a small base of support and is leaning towards the other participant. The participant on the right has one foot on an uneven surface, has a wide base of support, and is sitting more upright.