
Proprioception

Introduction

Proprioception is the link between the nervous system, muscles, tendons, ligaments and joints. It helps co-ordination and balance. Proprioception helps prevent injury by protecting joints when they are in unusual positions or on unstable surfaces with unusual loads running through them. Injury reduces this feedback to the nervous system due to pain and leaves the affected joint unstable. It is important to regain this skill to help reduce the risk of another injury. Proprioception training should begin soon after injury and before returning to normal sporting activities. To gain the best results this should be continued for up to six months after the injury.

Try to exercise about 3 times a day. Be guided by your pain.

Stop these exercises if you feel they are making your symptoms worse or bringing on new pain.

[Video](#)



Stand on your affected leg.
Hold this steady for up to 10 seconds.

Stand on your affected leg. Close your eyes.
Hold this steady for up to 10 seconds.

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[Video](#)



Walk around the edge of a doormat slowly clockwise 5 times,
then anticlockwise 5 times. Keep your foot half on and half off
the edge of the mat as if on a tightrope.

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[Video](#)



Stand on your affected leg. Throw a ball against the wall with
one hand and catch with the other, try to keep your balance on
the one leg.

Repeat 10 times.

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[Video](#)



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Stand on the edge of the bottom step of your stairs and with your affected leg sideways. Slowly touch the floor with your unaffected leg. Do not hold onto anything for support but keep your balance.

Repeat 10 times.

Stand on your affected leg. Bend your knee and touch the floor directly in front of you. Stand back up straight, then, bend your knee and touch the floor to your right. Stand back up straight then touch the floor to your left.

Repeat 10 times.



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Stand on your affected leg. Go up onto your toes. Keep your balance for 5 seconds.

Repeat 10 times.

For further information

Please email ghnt.newcastlegatesheadtims@nhs.net, ring on **0191 2138800** or visit our website at: www.tims.nhs.uk which provides online guidance and support on managing your musculoskeletal (MSK) condition effectively.

The NHS website also provides trusted online information and guidance on all aspects of health and healthcare to help you manage your condition and/or inform your choices about your health: www.nhs.uk.

Useful links

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on freephone **0800 032 02 02** or e-mail northoftynepals@nhct.nhs.uk.



Tyneside Integrated Musculoskeletal Service

TIMS is a partnership between Newcastle upon Tyne Hospitals NHS Foundation Trust and Gateshead Health NHS Foundation Trust