

IT SOUNDS SO SIMPLE JUST TO WALK! YOU PLACE ONE FOOT IN FRONT OF THE OTHER...

Recently I had my knee totally replaced with a new and improved Titanium one. Aside from the major learning curve of patience, there was another of mobility. As I step into 2012 I look at Bal-A-Vis-X (BAVX) not from the usual perspective of a BAVX Trainer but from that of a full-fledged recipient.

Those who know me understand that anything less than constant activity and mobility is a foreign concept. My life for 34+ years has been teaching adaptive physical education (pre-K-12), plus providing regular BAVX trainings for other teachers and therapists, plus pursuing excellence for myself on the golf course. I'm stop moving only when forced to.

Once I realized and finally accepted how weak that whole leg was after the surgery, I sat back and thought about Bill Hubert's explanation of the bag/feet movements. So I began doing these exercises while sitting, coupled with the growing number of prescribed physical therapy exercises. When they added stationary bike therapy, I included that at home. But not just biking. While riding, I would pass a BAVX bag from hand to hand, crossing my midline in synch with the leg lifting. Then I added around the back with a more rhythmic pattern. After completing each biking session, I would do a few more bag/feet patterns while sitting, eventually gaining enough confidence to do them when standing. While on the bike, often my husband would stand in front of me and we did partner bag rectangles, ovals, and "X" passes.

Now that I'm back to 95% normal, am I certain that BAVX played a significant role in increasing my walking mobility? Did these exercise patterns strengthen my leg? Were the Bal-A-Vis-X bag/feet exercises crucial to the speed of my recovery? I might never prove this is so. Yet I am certain that after each BAVX session my weight bearing was more **stable, even, and provided more rhythmic motion for me**. My thinking process to tighten the quadriceps prior to stepping became more automatic as well as proper foot placement.

Having now been on the receiving end of BAVX, I have an altogether personal way of sharing its benefits, with both my workshop attendees and with the staff in my physical therapy center.