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| **WII GAME** | **DESCRIPTION/DEMANDS** |
| Tennis (H) | -UE and LE movement combine balance and coordination training |
| Boxing (H) | -Use of UE to challenge dynamic sitting/standing balance and increase UE movement size and speed |
| Bowling (M) | -Good for step initiation |
| **WII FIT-BALANCE** |  |
| Soccer (M) | -Lateral weight shifting-Static balance and quick motor response, attention and coordination-For impaired sensory integration: use of visual cues during weight shifting tasks-For impaired selection of movement strategies: faded verbal/manual cues to promote hip strategy |
| Table Tilt (H) | -Control displacement and variability of COM in BOS -Static balance and motor response |
| Ski Slalom (H) | -Static balance and whole body movement-Attention and coordination-For impaired sensory integration: use of visual cues during weight shifting tasks |
| Ski Jump (M) | -Weight shift and hold in anterior direction-Good for those who present with retropulsion-Increase ankle ROM-Increase delayed motor response by responding to audio and visual cues-Difficulty performing ADLS (sit>stand, tasks w narrow BOS): standing mobility and stability tasks like squatting, leaning toward targets or holding on a target |
| Tight Rope (H) | -Lateral weight shifting |
| Balance Bubble (M) | -Control displacement and variability of COP within BOS |
| Bubble Maze | -Good for impaired selection of movement strategies: faded verbal/manual cues to promote effective hip strategy |
| Penguin Slide (H) | -Hip movement strategy-Difficulty performing ADLS (sit>stand, tasks w narrow BOS): standing mobility and stability tasks like squatting, leaning toward targets or holding on a target |
| **WII FIT- AEROBICS** |  |
| Basic Step (H) | -Warm up and low-moderate intensity aerobic exercise-Dynamic balance-Attention, coordination, visual and auditory feedback-Have to step on and off balance board, side-stepping is difficult\*TIP= if having a patient do this, instruct them to watch the “mii” as opposed to the footprints.  |
| Basic Run (M) | -The “short” time length= 3 min-Don’t have to “run” can march in place |
| Hula Hoop (E) | -Weight shift in multiple directions without stepping for decreased limit of stability |
| **WII FIT-YOGA** |  |
| Deep Breathing (E) | -Maintain COM in circle, good visual of how belly breathing works |
| Half Moon (M) | -Maintain COM, UE use + trunk bending |
| Warrior (H) | -Maintain balance in lunge-Moderately long hold |
| Tree (M) | -SLS, good visual-Could hold onto something, it is a long time to hold |
| Sun Salutation (H) | -Extension, forward bending while maintaining COM |
| **WII FIT-STRENGTH** |  |
| SL Extension (M) | -SLS, Balance-Core strength, contralateral LE standing tolerance |
| Push Ups (DON’T USE) | -This would probably never be used in this setting |
| Torso Twist (E) | -Appropriate level of difficulty for our patients-Good activity to preclude picking things off the floor |
| **KEY:**E: EasyM: Moderate DifficultyH: Higher Difficultly | \*\*Don’t forget the use of the intro “balance test” is great for visual cues of weight shifting and visualizing COM |

All Games: increase balance confidence with increased duration and repetitions of tasks, use of scores and feedback to reinforce success.