

exercises for use

Note: Before performing any of these exercises, read the exercise tips on the back of this manual



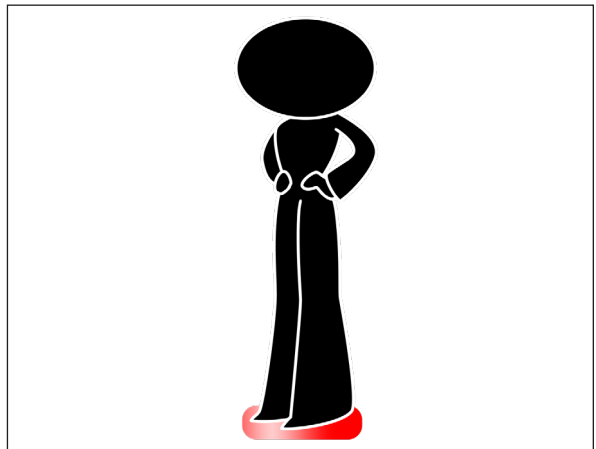
KEY FEATURES

- Mimics the movement and shape of an inflatable ball
- Use seated or standing for balance training and core strengthening
- Disc has one smooth side and one “nubby” side for stimulation
- Inflates with standard pump (sold separately)
- Colors do not indicate resistance

EXERCISES

One Disc Balance Training

- Step 1. Stand with both feet on each balance disc and find stability.
- Step 2. While still maintaining balance, close your eyes and rotate your head.
- Step 3. Keep a sturdy object (like a chair) nearby for support if needed.



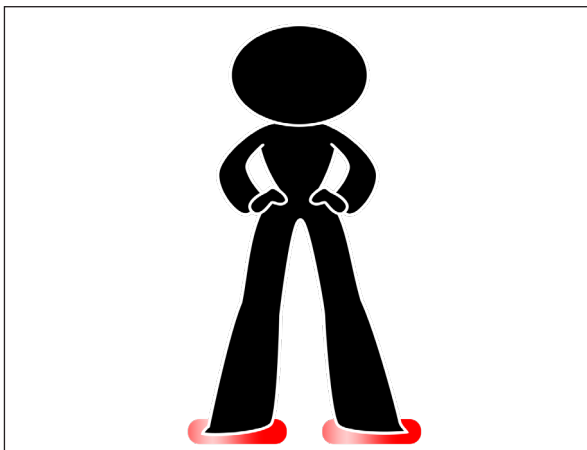
1-Leg Balance

- Step 1. Stand with both feet on the balance disc.
- Step 2. Slowly lift one leg up and regain your balance.
- Step 3. To increase challenge, close your eyes or rotate your head. Keep a sturdy object (like a chair) nearby for support if needed.



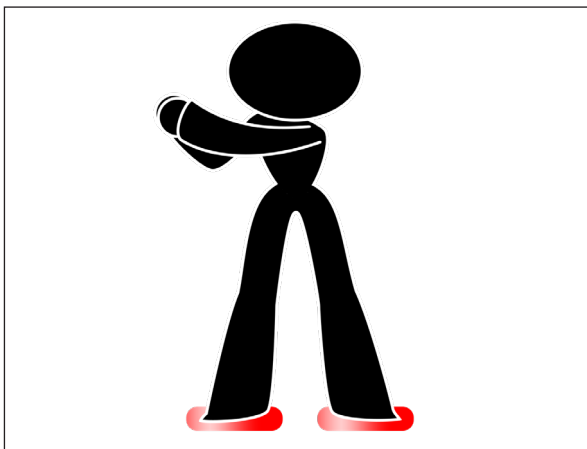
Two Disc Balance Training

- Step 1. Use two balance discs for this exercise. Stand with one foot on each balance disc and find stability.
- Step 2. While still maintaining balance, close your eyes and rotate your head.
- Step 3. Keep a sturdy object (like a chair) nearby for support if needed.



Sport Balance Training

- Step 1. Use two balance discs for this exercise. Stand with one foot on each balance disc.
- Step 2. With knees slightly bent perform a mock golf swing rotating hips as you turn.
- Step 3. Hold the position and swing arms back the opposite way.



Squat

- Step 1. Use two balance discs for this exercise. Stand with one foot on each balance disc.
- Step 2. Squat down by bending your knees and hips.
- Step 3. Keep your back and neck straight. Keep a sturdy object (like a chair) nearby for support if needed.



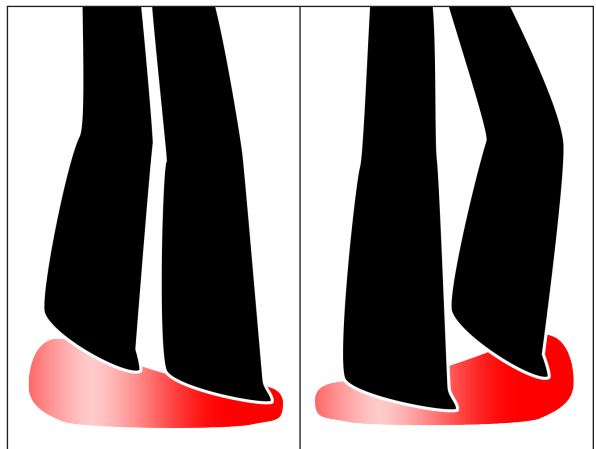
Lunge

- Step 1. Place the balance disc in front of you.
- Step 2. Lunge forward onto the disc, bending your knees while keeping your back upright.
- Step 3. Return to a standing position and repeat with opposite leg.



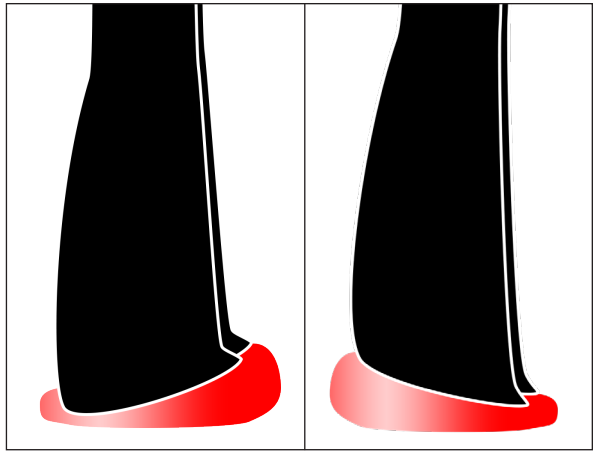
Stepping

- Step 1. Stand with both feet on the balance disc.
- Step 2. Alternate stepping with both feet without lifting your feet off the disc. Keep a sturdy object (like a chair) nearby for support if needed.



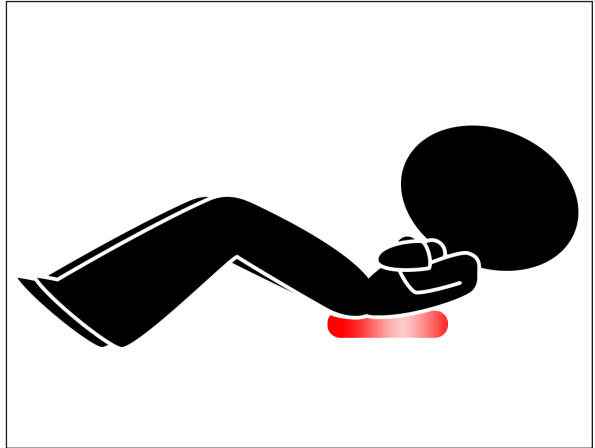
Ankle Lift

- Step 1. Stand with both feet on the balance disc.
- Step 2. Rock your ankles forward and backward on the disc. Keep your knees and hips straight. Keep a sturdy object (like a chair) nearby for support if needed.



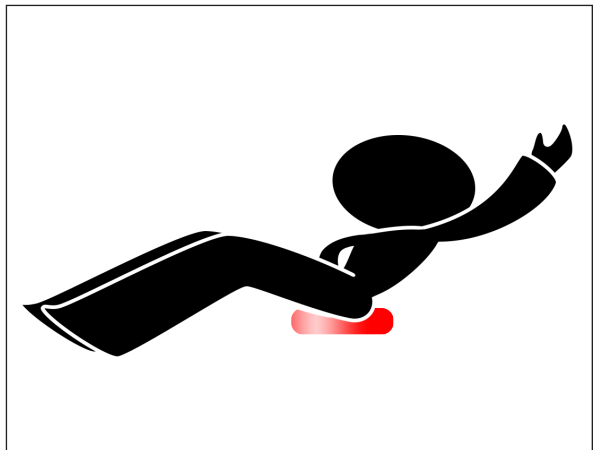
Front Crunch

- Step 1. Lay on your back with the balance disc under your hips with your knees bent.
- Step 2. Place your hands behind your head or on your chest. Slowly curl upward, contracting your abdominals and lifting your back off the floor.
- Step 3. Slowly return and repeat.



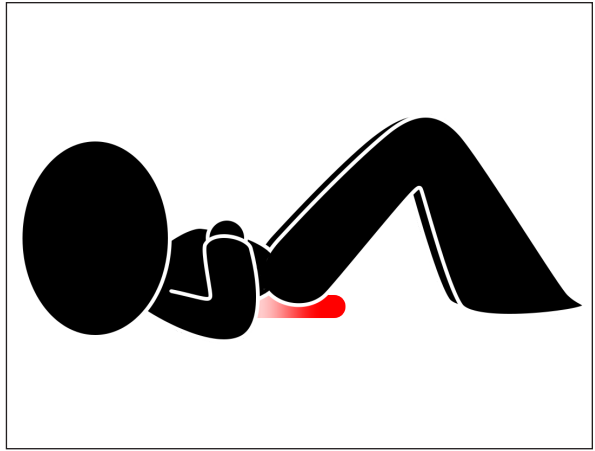
Crunch with Arm Extension

- Step 1. Sit with the balance disc under your hips, with your knees bent.
- Step 2. Lean your trunk backward, contracting your abdominals. Raise one hand out to the side without rotating your trunk and return arm to your side.
- Step 3. Slowly repeat with opposite arm.



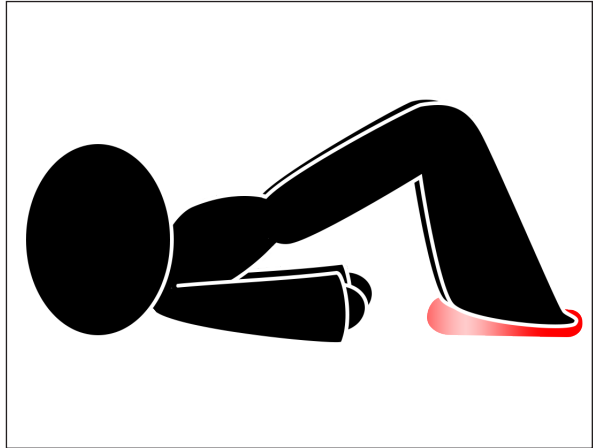
Pelvic Circles

- Step 1. Place the balance disc under your buttocks with your knees bent.
- Step 2. Rotate your pelvis in a circle on the disc.
- Step 3. Repeat in the opposite direction.



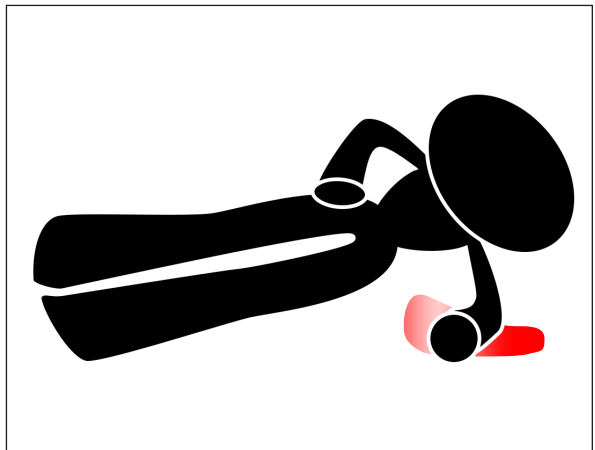
Bridge Under Feet

- Step 1. Lie on your back the balance disc under your feet and your knees bent.
- Step 2. Thrust your hips up aligning your spine and thighs.
- Step 3. Hold this position and return.



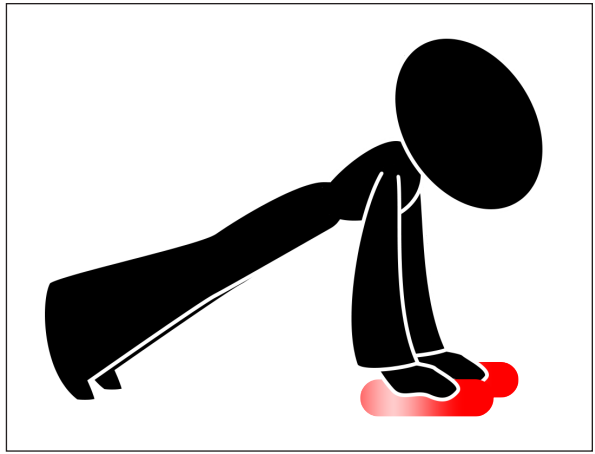
Side Hip Lift

- Step 1. Lay on your side with your elbow positioned under your shoulder and balance disc under the forearm.
- Step 2. Lift your hips off the ground, aligning your trunk and legs in a straight line. Hold and slowly return.



Push-Up

- Step 1. Use one or two balance discs for this exercise. Place both hands on the balance disc(s) and perform a push-up.
- Step 2. Keep your neck, back and hips straight.
- Step 3. Hold and slowly return.



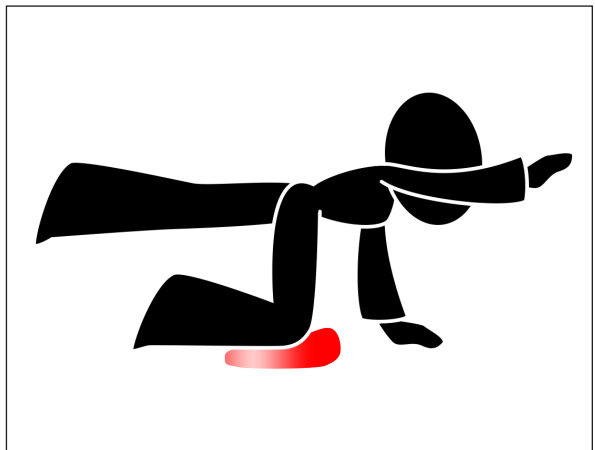
Front Plank

- Step 1. Lay face down on the mat with your elbows and forearms on the balance disc. Be sure your elbows are directly below your shoulders.
- Step 2. Lift your body off the floor until your head, hips and knees are in a straight line. Keep your feet and elbows steady. Hold and slowly return.



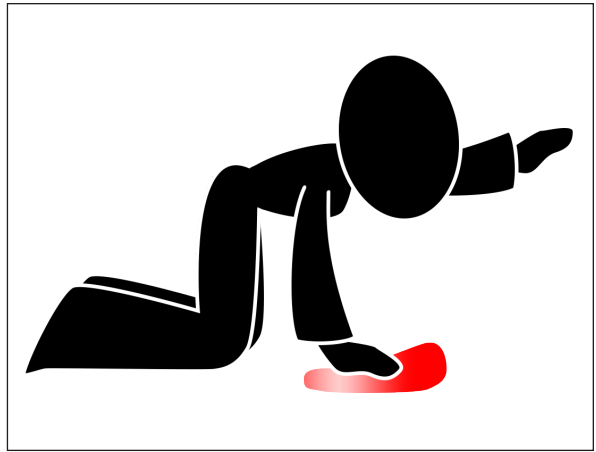
Kneeling Extension

- Step 1. Get into a hands-and-knees position with one or both knees placed on the balance disc.
- Step 2. Alternate lifting your opposite arm and leg while keeping your trunk steady. Hold and slowly return.



Shoulder Balance

- Step 1. Get onto your hands and knees position with the balance disc under the involved arm. Be sure the hand is directly under the shoulder.
- Step 2. Place balance disc under hand ensuring shoulder, arm and hand are aligned.
- Step 3. Maintain shoulder position while lifting the opposite hand off the floor.
- Step 4. Hold and slowly return. Repeat with other hand.



Sitting Hip Trust

- Step 1. Sit on the balance disc with feet flat on the ground.
- Step 2. Alternate arching and flattening your lower back by tilting your hip forward and backward.



Sitting Pelvic Circles

- Step 1. Place the balance disc on a chair and sit on it.
- Step 2. Place your hands on your hips and your feet flat on the ground.
- Step 3. Rotate your hips in a circle pressing the outer rim of the disc.
- Step 4. Repeat in the opposite direction.



Vestibular Discs

- Inflatable disc mimics movement and shape of an inflatable ball
- Available in small and large sizes
- Available in six colors: blue (B), black (BLK), red (R), green (G), yellow (Y), and silver (S). Silver available in 35 cm only
- Colors available for personal preference; does not identify size or firmness



AL-63435



AL-63439

AL-63435	small, 14" / 35 cm
AL-63439	large, 24" / 60 cm

EXERCISE TIPS

- The exercise tips are guidelines. They do not replace any instructions or directions given by your clinician.
- Examine balance disc before each use and discard if nicks or tears are present.
- As with any exercise program, muscle soreness may be experienced after initial usage over the first few days. If muscle soreness persists for more than a few days, consult your clinician.
- Do not exercise while experiencing pain.
- For beginners, practice exercises without the disc until you are comfortable with the movements. Then begin exercises with this product.
- **Proper body stance is critical** while practicing standing exercises. Square your balance at all times. Be sure to practice the safest posture possible by maintaining your natural spinal position.
- Avoid hyper-extending or over-flexing joints while exercising. Do not lock-up joints.
- Control your breathing while practicing exercises. Never hold your breath while exercising. Exhale during the more difficult phase of your exercise repetition.
- Don't over exercise. Perform the prescribed number of sets and repetitions. Take a break between sets.