

## Instructions & Safety

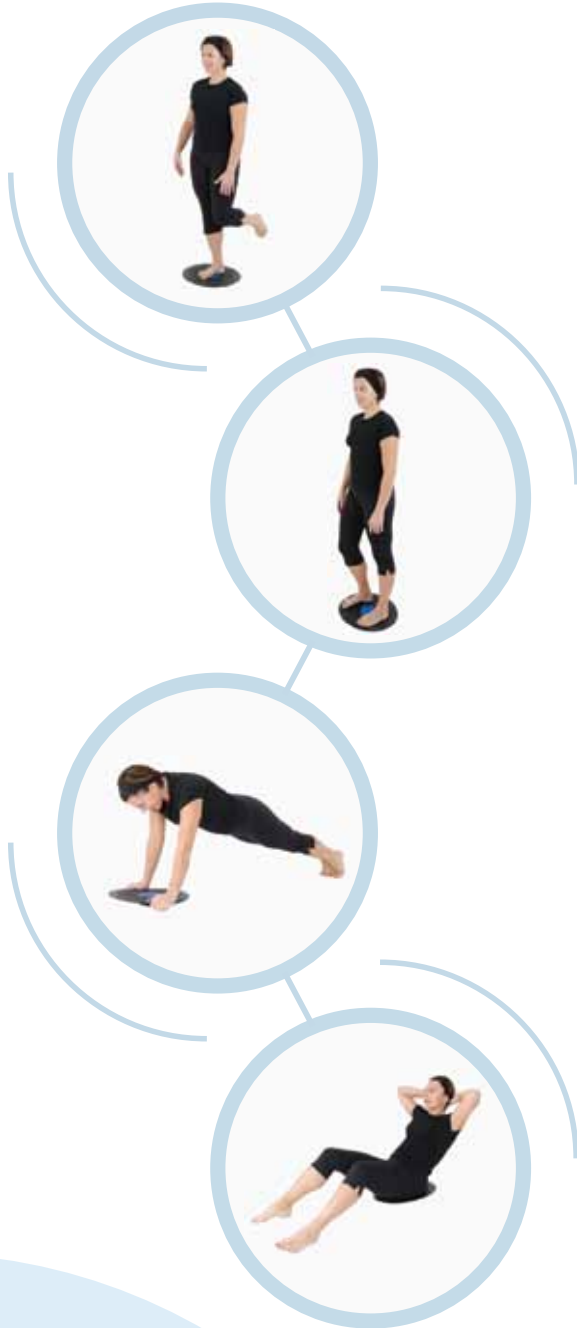
**IMPORTANT** – Before commencing any form of exercise, you should always consult your doctor or therapist.

- Exercise and rehabilitation for feet, ankles, knees and hips
- Balance training and core stability
- Whilst carrying out these exercises, please ensure that you avoid any sudden or hasty movements
- All exercises should be a controlled movement
- Stop exercising immediately if you start to feel ill or dizzy

# 36cm Plastic Wobble Board



Thank you for purchasing the home4physio 36cm Wobble Board. This is a quality product that can help you exercise in many different ways to improve your balance, core stability, coordination, strength and flexibility.



#### **Sitting**

- At work you can place the board underneath your feet whilst sitting, slowly rotating in a clockwise/anti-clockwise, backwards and forwards.

#### **Standing**

- Start by standing on the Wobble Board with your feet shoulder width apart. Gently try to tip the board forwards and backwards, then side-to-side whilst holding onto a chair or table so that you can get a feel of the degree of the tilt of the board.

**Exercise time – 3 minutes**

- Place feet shoulder width apart, starting at the 12 o'clock position, slowly begin to rotate in a clockwise direction (so that the edge of the board is always touching the ground. Once completed, do the same in reverse.

**Exercise time – 2 minutes**

- Feet shoulder width apart, tip the board forwards and then backwards – ensuring that you touch the edge of the board on the floor.

**Exercise time – 1 minute**

- Tip the board to the left, and then to the right ensuring that you touch the edge of the board on the floor.

**Exercise time – 1 minute**

- Feet shoulder width apart, try to balance the board without any edges touching the ground.

**Exercise time – 2 minute**

- Try to rotate the board in a clockwise direction without the edges touching the ground (but as close to the ground as you can get). Then do the same again in an anti-clockwise direction.

**Exercise time – 2 minute**

#### **Advanced Exercises**

- Position one foot in the middle of the board, slowly try to move the board front to back (controlled) ensuring that the board touches the floor, then do the same side-to-side.

**Exercise time – 1 minute each foot**

- Again, using one foot rotate the board in a clockwise direction ensuring that the edge of the board is touching the floor at all times.

**Exercise time – 1 minute each foot**

- Push ups – Place your body in the press-up position (knees on the floor) and your hands flat on either side of the board. Try doing press-ups keeping the board balanced.

- Place one foot in the centre of the board and then try to balance without any of the edges touching the ground.

**Exercise time – 1 minute each foot**

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