

## Balancing Board 35 cm

### Before you use the Balancing Board

The Balancing Board can withstand a weight of 100 kg.

It should be placed on a flat and firm surface which is not too slippery. Place the Balancing Board in such a way as to enable users to support themselves against a wall, a door or a table.

Ensure that the Balancing Board is not used close to objects which can lead to injury. Use the Balancing Board with bare feet or shoes with a good grip.

### Training exercises:

A. Stand on the board with feet parallel to each other and slightly apart.

Maintain balance with the board in horizontal position.

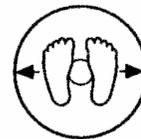
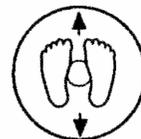
B. Stand on board with feet parallel and slightly apart. Move the board back and forth so the front and back of the board alternately almost touch the floor.

C. Stand on the board with feet parallel and slightly apart. Move the board from side to side, so the sides alternately almost touch the floor.

D. Stand on the board with feet parallel. The distance between the feet must be as great as possible. Tread the board forwards and “wheel” the board all the way round to the right in a circling motion, then repeat this to the left. The edges of the board must not touch the floor.

E. Stand on the board with feet parallel and knees bent. Then repeat exercises A,B,C and D in this position.

F. Stand on the board with feet parallel and slightly apart. Bend the knees and straighten up again, while maintaining the board in a horizontal position.



**A precondition for carrying out the next three exercises is that you are able to stand on one leg on the floor.**

G. Stand on one leg in the middle of the board. Place the foot in such a way as to enable you to maintain balance with the board in a horizontal position.



H. Stand on one leg in the middle of the board. Move the board back and forth alternately, so the front and back edges of the board almost touch the floor.



I. Stand on one leg in the middle of the board. Bend the knee and straighten up again while maintaining the board in a horizontal position.



### These exercises can be made more difficult by:

- closing the eyes.
- putting your arms behind your back
- carrying out another activity at the same time, eg. bouncing a ball off the wall.

### Training time:

Train for 10-15 minutes at a time, at least once a day.

To start with you can cut shorten the training time if you get tired. In this case train several times a day.

Take breaks between exercises when you feel the need.

Warning: Carry out checks and maintenance of the main parts at regular intervals, otherwise the toy could overturn or cause a fall.

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