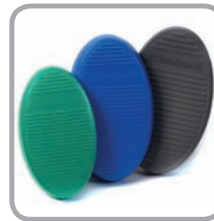


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Introduction

The Stability Trainer is used to improve balance, posture, and coordination. Training on the unstable surface requires balance and a strong posture. It is mainly used in prevention (children and seniors), in rehabilitation after an injury, and in sports in order to enhance performance. Studies prove that targeted ba-

lance training can reduce the frequency of falls and secondary injuries. Due to higher demands placed on supporting muscles, the balance trainer can also improve your performance with conventional exercises.

The Stability Trainer

Materials and characteristics

The colour-coded foam pads are available in two levels of firmness, and include an anti-slip coating. In addition to the foam pads, there is a black air-filled Stability Trainer with both an anti-slip surface and a knobbed surface for targeted proprioception training. The special shape and various sizes of the Stability Trainers also makes it possible to stack them while training.



Colour	Firmness	Level of difficulty
Green	Firm	Intermediate level (foam)
Blue	Soft	Advanced level (foam)
Black		Advanced / athlete (air-filled)



Precautions

Every time you train, first verify that the Stability Trainer is resting firmly on the surface below it and cannot slide. Avoid training on slippery floors or rugs. The Stability Trainer may be placed onto a gymnastics mat in order to prevent slipping. However, this does increase the level of difficulty for exercises.

Persons suffering from pronounced balance, posture, or sensory disturbances and persons with high risk of falls (caused by medications, osteoporosis, or reduced muscle strength) should only train under the instruction of a physician, physiotherapist, or specialised trainer.

- Remove sharp or pointed objects from the immediate vicinity of the training area.
- Regular cleaning with warm water and soap is recommended. The Stability Trainer can be allowed to air-dry. Avoid using rough or high-friction cloths or sponges when cleaning the Stability Trainer.
- The Stability Trainer should be stored flat and without any items on top of it.
- Avoid exposure to direct sunlight when storing the Stability Trainer.
- Avoid training with footwear that has sharp or pointed heels, spikes, or studs.
- Ideally you should train barefoot or with socks.

Training tips

For effective training to improve and enhance your balance, progress from basic to advanced exercises:

- Use a sturdy, fixed object for support while performing the exercises (for example, you can hold on to a wall or a sturdy chair).
- Train close to the chosen support object so that you can hold yourself up if necessary.
- Progress to Train without any support at all.
- Progress from a firm surface to the Stability Trainers.

Exercises with the Stability Trainer may also be completed at increasing levels of difficulty:

- Level 1: Firm surface without Stability Trainer
- Level 2: Green Stability Trainer
- Level 3: Blue Stability Trainer
- Level 4: Two green Stability Trainers stacked on top of each other
- Level 5: Black Stability Trainer
- Level 6: Two blue Stability Trainers stacked on top of each other

The increase in training intensity should be tailored to individual performance so that the exercises are always performed safely, correctly, and with good posture and coordination.

Training tips

Health-oriented, preventive training focuses on the improvement of the general sense of balance. Beginners should select 6 to 8 of the following exercises in order to achieve this goal. Static balance exercises (exercises without movement) should be held 3 times for 10-30 seconds at a time. Dynamic exercises (leg swinging exercises, stepping, jumping, etc.) should be repeated 10-15 times in 1-3 sets. You should never experience EXTREMELY heavy strain while training. Once you have established a foundation and the exercises come easily, you can increase the level of difficulty, number of repetitions (sets), and training frequency. Please observe the following principles:

- Maintain correct posture and conduct movements in a slow, controlled manner in the initial position, during the exercise, and at the end.
- Training should be pain-free. Take a break if an exercise becomes painful. You should consult a healthcare provider if pain occurs repeatedly.
- Take short breaks or change sides between static exercises. You may also alternate between dynamic and static exercises.
- Examine each exercise in detail and visualise the process.
- ALWAYS exercise both the right and left side of the body even when the illustration only shows one side.

Exercises for the lower extremities

Parallel stance on two Stability Trainers a



- a Find a stable standing position (without wobbling).
Look straight ahead.

b



- b Keep your position stable and look down at your feet.
Change your line of vision: Straight ahead, at your feet,
straight ahead...

Exercises for the lower extremities

Parallel stance on two Stability Trainers ⓐ



ⓐ Shift your weight from the left to the right leg and vice versa.

ⓑ



ⓑ Keep your position stable and close your eyes. Now shift your weight in different directions while keeping your eyes closed.

Exercises for the lower extremities

Parallel stance on two Stability Trainers ⓔ



ⓔ Stand on tiptoe and then bend your knees slightly. Return to the initial position. Try to wobble as little as possible.

ⓕ



ⓕ Bend your knees slightly and pass a ball (Soft Weight) through your legs.

Exercises for the lower extremities

Walking stance (wide or narrow)

a



Put your front foot onto the Stability Trainer (slightly bend the knee). Shift your weight back and forth between the front and back legs.

b



b Briefly hold the front and back positions, respectively.

Exercises for the lower extremities

Walking stance (wide or narrow)

c



- c Shift your weight forward and slightly raise the heel of the supporting leg.

d



- d Shift your weight forward and lift the foot of the supporting leg off the floor.

Exercises for the lower extremities

Walking stance (wide or narrow)

e



- e Shift your weight to the supporting leg and move the front leg forward and backward slightly.

f



- f Shift your weight to the supporting leg and move the front leg back and forth.

Exercises for the lower extremities

Walking stance (wide or narrow)

g



- g Shift your weight to the supporting leg, move the other leg forward and briefly touch the heel to the floor (your weight remains on the supporting leg!). Bring your front leg back.



Exercises a – g may also be performed with the arm insert. For sports training, exercises a – g may also be performed on tiptoe (supporting leg).

Exercises for the lower extremities

Walking stance (wide or narrow)



Place the back foot onto the Stability Trainer. Keep the supporting leg firmly on the floor. Push off with the toes of the back foot.



Stand approximately 50 cm in front of the Stability Trainer. Now take a large flat-footed step onto the Stability Trainer and back.



ATTENTION: Be sure to use a non-slip surface so that the Stability Trainer does not slide during this dynamic exercise.

Exercises for the lower extremities

Jumping



Jump onto or over the Stability Trainer. Once again, be sure to use a non-slip surface!

Exercises for the lower extremities

Standing on the Stability Trainer

(a)



Stand on a Stability Trainer with both feet.

- (a) Bend down so that your fingertips touch the floor.

(b)



- (b) Stand on tiptoe from this bent over position. The arms are raised over the head. Your eyes should follow your hands.

Exercises for the lower extremities

One-legged stance on the stability trainer ③



- ③ While standing on one leg, use the other foot to lift an object (napkin or small towel) from the floor and then put it back.

④



- ④ Roll a ball (Soft Weight) around the floor with your free foot (circles in both directions, etc.).

Exercises for the lower extremities

One-legged stance on the stability trainer (e)



- (e) Raise the knee of your free leg. You may move the opposite hand to the knee at the same time. Hold briefly and then return to the initial position.



- (f) Perform opposing arm and leg movements while standing on one leg.
(g) s) Combination of (e) + (f)

Exercises for the upper extremities and back

Push Ups



Place a Stability Trainer under both hands and knees, respectively.



Find a stable position and perform push-ups.

Exercises for the upper extremities and back

Classic push-ups



Support yourself on the Stability Trainer with both hands. Now perform various arm movements.

- Shift your weight to the right / left.
- Alternately lift your hands.
- Perform push-ups.

Quadruped



Get down on all fours with a Stability Trainer under one knee. Perform the following movements:

- Extend and flex the free leg.
- Extend and flex the free leg and opposite arm.
- Same as above, but with an additional Stability Trainer underneath the supporting hand.

Exercises for children

One-legged stance



The child stands on the Stability Trainer on one leg and finds a stable position. Various leg movements (ahead, back, to the side) can now be completed.

Exercises for children

Rolling



The child stands on the Stability Trainer on one leg and finds a stable position. A tennis ball or Soft Weight is rolled all around the Stability Trainer using the free foot. Can you go around three times without putting your foot down?

Throwing and catching



The child stands on the Stability Trainer on one leg and finds a stable position. The object is to throw a tennis ball or Soft Weight ball up into the air and then catch it. This exercise may also be completed with a partner (see photo).

Exercises for children

Aerobics



The child puts the Stability Training on the floor in front of him or her. He or she now performs various step combinations or jumps on, over, and around the Stability Trainer. Arm movements may be added once these exercises are mastered.

Balancing



If you have several Stability Trainers available, you can set them up in a row or as stairs. The child steps and -balances across this row. This exercise may require help initially (holding hands), and can subsequently be completed alone or even backwards and with the eyes closed.

Exercises for children

Snowshoeing



The child puts each foot onto a Stability Trainer and moves around the room (slow, fast, forward, back, etc.).

Crossing the river



The child stands on a Stability Trainer and places a second Stability Trainer on the floor in front of him or herself without leaving the first one. Now the child moves onto the second Stability Trainer, picks up the first one, and places it in front of the second one. The object of the exercise is to cover a distance of 3-5 meters.

Rocker board and wobble board

Materials and characteristics

The rocker boards and wobble boards are made of black plastic, combining a highly slip-resistant design with a textured surface for sensorimotor stimulation. They are not as heavy as balance products made of wood, but still offer sufficient weight and an anti-slip bottom for effective training. The rocker board makes it

possible to complete exercises in one plane (front and back or left and right) while the wobble board supports movement in several planes during the same exercise. This means that the movement planes for the rocker board are established at the start of the exercise by positioning the feet:





Sagittal plane
(feet facing in the direction of tilt)



Frontal plane
(feet parallel to the direction of tilt)



Diagonal plane
(feet oblique to the direction of tilt)

The tilt / deflection angle is 22° for the wobble and 30° for the rocker board.

Precautions

Avoid training on slippery surfaces or rugs while using the rocker board or wobble board, just as it is for the Stability Trainers. Once again, sliding can be prevented by placing the Stability Trainer on top of a gymnastics mat. However, this does increase the level of difficulty for exercises.

- Persons suffering from pronounced balance, posture, or sensory disturbances and persons with high risk of falls (caused by medications, osteoporosis, or reduced muscle strength) should only train under the supervision of a physician, physiotherapist, or specialised trainer.
- Remove sharp or pointed objects from the immediate vicinity of the training area.
- Do not combine the wobble board and rocker board in order to do the exercises faster.
- Ideally you should train barefoot. Socks may be worn if the surface feel is perceived to be unpleasant. Be sure to avoid training in footwear with high or pointed heels.

Training tips

For effective training to improve and enhance your balance, proceed from basic to advanced exercises:

- Use a sturdy, fixed object for support while performing the exercises (for example, you can hold on to a wall or a sturdy chair).
- Train close to the chosen support object so that you can hold yourself up if necessary.
- Train without any support at all.
- Progress to train with the rocker board.
- Progress to train with the wobble board.
- The increase in training intensity should be tailored to individual performance so that the exercises are always performed safely, correctly, and with good posture and coordination.

Training tips

Health-oriented, preventive training focuses on the improvement of the general sense of balance. Beginners should select 6 to 8 of the following exercises in order to achieve this goal. Static balance exercises (exercises without movement) should be held 3 times for 10-30 seconds at a time. Dynamic exercises (leg swinging exercises, stepping, jumping, etc.) should be repeated 10-15 times in 1-3 sets. You should never experience EXTREMELY heavy strain while training. Once you have established a foundation and the exercises come easily, you can increase the level of difficulty, number of repetitions (sets), and training frequency. Please observe the following principles:

- ➔ Maintain correct posture and conduct movements in a slow, controlled manner in the initial position, during the exercise, and at the end.
- ➔ Training should be pain-free. Take a break if an exercise becomes painful. You should consult a healthcare provider if pain occurs repeatedly.
- ➔ Stop training as soon as you become fatigued or when pronounced compensating movements occur.
- ➔ Take short breaks or change sides between static holding exercises. You may also alternate between dynamic and static exercises.
- ➔ Examine each exercise in detail and visualise the process.
- ➔ ALWAYS exercise both the right and left side of the body even when the illustration only shows one side.

Exercises for the lower extremities

Two-legged stance on the rocker board, with various foot positions

- (a) In the direction of tilt (b) Against the direction of tilt (c) Diagonal to the direction of tilt



Find a stable, centred position. From this position, you can experiment with rocker board movements in various planes. You may increase the degree of difficulty by closing your eyes.

- (a) Shift your weight forward and back. (b) Shift your weight to the right and left. (c) Shift your weight diagonally.

Exercises for the lower extremities

Two-legged stance on the rocker board (sagittal plane)



(a)

- (a) Find a stable position; slowly rotate your head to the right, and then back past the centre and to the left.



(b)

- (b) Complete a slight knee bend.



(c)

- (c) Lift one leg to the front.

Two-legged stance on the rocker board (frontal plane)



Stand on the board and find a stable, balanced position.



Alternately step down with the left and right foot.



Always resume the centred position in between steps (see initial position).

Exercises for the lower extremities

One-legged stance on the rocker board (sagittal plane)



- a** Place one foot on the board and slowly raise the heel of the back foot. Find a stable position.



- b** Then lift the back foot off the floor. Move your arms forward and up at the same time.



- c** Flex the back knee while moving it to the side. Move your arms back slightly from their forward position at the same time.

Exercises for the upper extremities and back

Push-ups



Push-up position with your knees on the floor. Perform push-ups. You may extend your legs to make this exercise more challenging.

Bridge



Lie on your back with your feet on the rocker board (in the direction of tilt). Lift your hips and buttocks, and then stabilise your position. Hold briefly and then lower your body.

Exercises for the upper extremities and back

Quadruped



Get down on hands and knees with one hand on the floor and one on the rocker board (frontal plane).

(a) Move the board to the right and left.

(b) „Walk“ across the board with your hands. Always return to the centred position in between.

(c) Find a stable position and lift your supporting hand off the floor. If you can hold this position, lift the opposite leg as well.

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