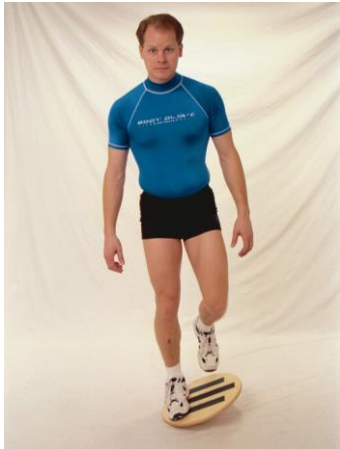


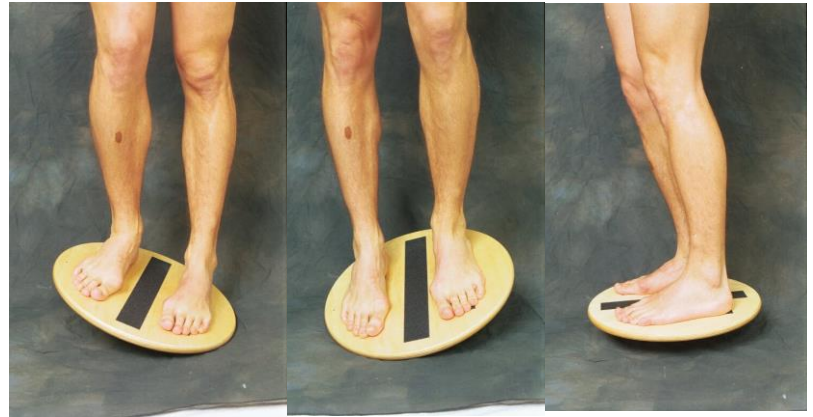
Wobble Board: Balance and Neuromuscular Re-education

Basic:



Step on, explore the 360° full range of motion, rock back and forth, then try balancing in one position.

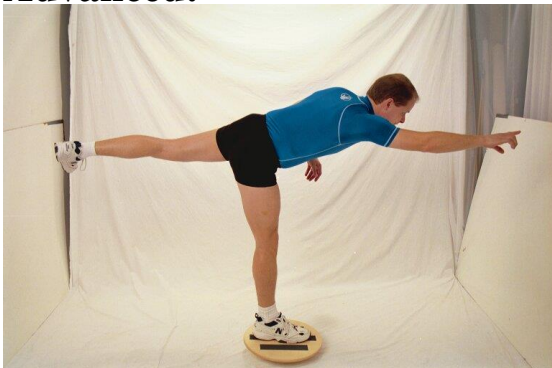
Intermediate:



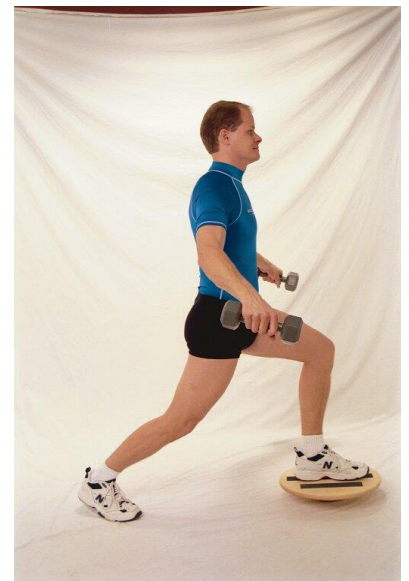
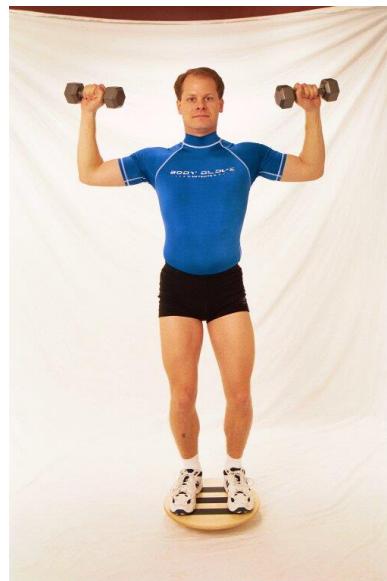
Perform clock-wise and counter clock-wise circles.

Try movements one foot at a time.
Try above tasks with eyes closed.

Advanced:



Try maintaining balance with extreme positions and reaches.



Incorporate wobble board with other exercises.