

CANDO[®]

economy wobble board



economy wobble board – front



economy wobble board – back

suggested exercises



forward / backward rock

1. Position feet on either side of center. Put weight on toes and lean forward. Hold for 2 seconds.
2. Put weight on heels and lean backward. Hold for 2 seconds.
3. Repeat for desired repetitions.



whole body balance

1. Hold a CanDo® WaTE™ ball. Try to lower it and raise it again while maintaining balance.
2. Try holding WaTE™ ball out-stretched in front of you and swing to either side maintaining balance.
3. Repeat for desired repetitions.



clockwise / counter-clockwise twist

1. Position feet on either side of center. Put weight on toes, lean forward and twist. Shift weight to side and twist.
2. Put weight on heels, lean backward and twist in opposite direction. Shift weight to opposite side and twist.
3. Repeat for desired repetitions.



one foot balance

1. Place foot on center of board and time how long you can balance on one foot.
2. Repeat with other foot, trying to increase balance times with each try.



mirror image exercise

1. Stand on board, face to face with a partner.
2. One person does hand, arm and leg movements and the other person mimics the movements while maintaining balance on board.



Figure 1



Figure 2

push-up exercise for upper body

Figure 1

1. Kneel on the floor and position economy wobble board in front of you.
2. Place hands on board, shoulder width apart, back straight and do a modified push-up while twisting the board left or right.
3. Repeat twisting in opposite direction.

Figure 2

1. Same procedure as Figure 1, but instead of bending knees, keep legs and back straight while doing push-up.
2. Repeat for desired repetitions

CAUTION

- Always check with your doctor or therapist before starting or changing any exercise regimen.
- Avoid using CanDo® economy wobble board in areas where you could fall into something and hurt yourself or others.
- Read directions and carefully follow exercise instructions at all times.
- Immediately consult your doctor or therapist if any discomfort is experienced while performing exercise(s).
- Please check economy wobble board before each use for cracks or causes for instability.
- Economy wobble board is not a toy. Not for children's use.