



# Balance platforms

One balance system for all patient needs

A complete line of stability products following the THERABAND® Trusted Progression System

- **Stability Trainers**
- **Rocker and Wobble Boards**
- **Stability Discs**
- **Dynamic Ball Cushions**



Proven Science, Trusted Performance.



# THERABAND® Stability Trainers

Build balance, strength  
& proprioception

## Features

- Soft oval-shaped, color-coded pads
- Available in three densities to provide a progressive system of balance training
- The Green (firm, beginner) and Blue (soft, intermediate) pads are made from EVA foam, which is soft, durable, and provides excellent shape retention and compression recovery
- Non-slip ribbed surface limits the risk of Stability Trainer slipping on the floor during use
- Small, lightweight and easily portable, fitting in a gym bag for on-the-go use
- The Black (extra-soft, advanced) PVC pad is inflated with air and has rounded points that provide tactile stimulation on one side
- Well-suited for 1-foot and 2-foot applications
- Instruction manual included with every pad



## Clinical uses

- Balance and proprioceptive training for patients who have suffered ankle or knee injuries
- Core strength and stability training
- Ankle and range of motion and flexibility training
- Sensorimotor training
- Sports performance enhancement



- Pre-inflated
- Rounded points for tactile & sensorimotor stimulation

# THERABAND® Stability Disc

Adds versatility and variety to balance training and core strengthening programs

## Features

- 13" (33cm) pre-inflated disc offers an unstable surface that supports a wide range of exercises
- The most challenging balance product within the THERABAND soft stability products category
- Dual surface design — non-slip and sensory-stimulating
- Helps facilitate balance and proprioceptive training



Disc is ideal for active sitting - use as a core exercising seat cushion

## Stability Disc - Advanced Sports Training/Active Sitting

- Retail packaged one per box (three boxes per inner, six boxes per case)

## THERABAND® Trusted Progression System

Beginner Advanced

### Green - Firm, Beginner

Packaged one per bag (cases of six bags) or two per bag (cases of three bags)



### Blue - Soft, Intermediate

Packaged one per bag (cases of six bags) or two per bag (cases of three bags)



### Black — Extra-Soft, Advanced

Packaged one per bag (cases of six bags)





# THEIRABAND® Rocker and Wobble Boards

The higher end of the  
THEIRABAND® system of  
progressive balance training

## Features

- Our rigid stability line offers an unstable and sensory-stimulating surface
- Stimulating pressure points enhance sensory perception, response and overall postural control
- Made of molded plastic, which is durable and lightweight
- Non-slip bottom and a textured top for security and additional proprioceptive input

## Clinical uses

- Balance and proprioceptive training for patients who have suffered ankle or knee injuries
- Closed kinetic chain exercises
- Ankle and knee injury prevention
- Core strengthening and stability
- Ankle range of motion and flexibility
- Sensorimotor training
- Posture improvement



## Rocker Board - Square, Challenging

- Single-plane (direction) movement
- More patient control during use
- Packaged one per bag (two bags per case)



## Wobble Board - Round, Very Challenging

- Multi-plane (direction) movement
- More challenging for patient use
- Packaged one per bag (two bags per case)



# THEIRABAND® Dynamic Ball Cushions

Dynamic seat cushion or universal training tool creating  
an unstable and sensory surface for balance training

## Dynamic Ball Cushions - Air-filled and dynamic training device

- Black trainer in retail package, one per box. Instructional insert included
- Green and Blue trainers packaged in poly bag with insert



## Features

- Pre-inflated, available in Green and Blue with senso-knobs on one side, or no senso-knobs on either side. Choice of 33 cm or 36 cm trainer.
- Black 50 cm trainer includes round, soft senso-knobs on one side, comfortably smooth on other side.
- Latex-free, space-saving alternative to exercise balls

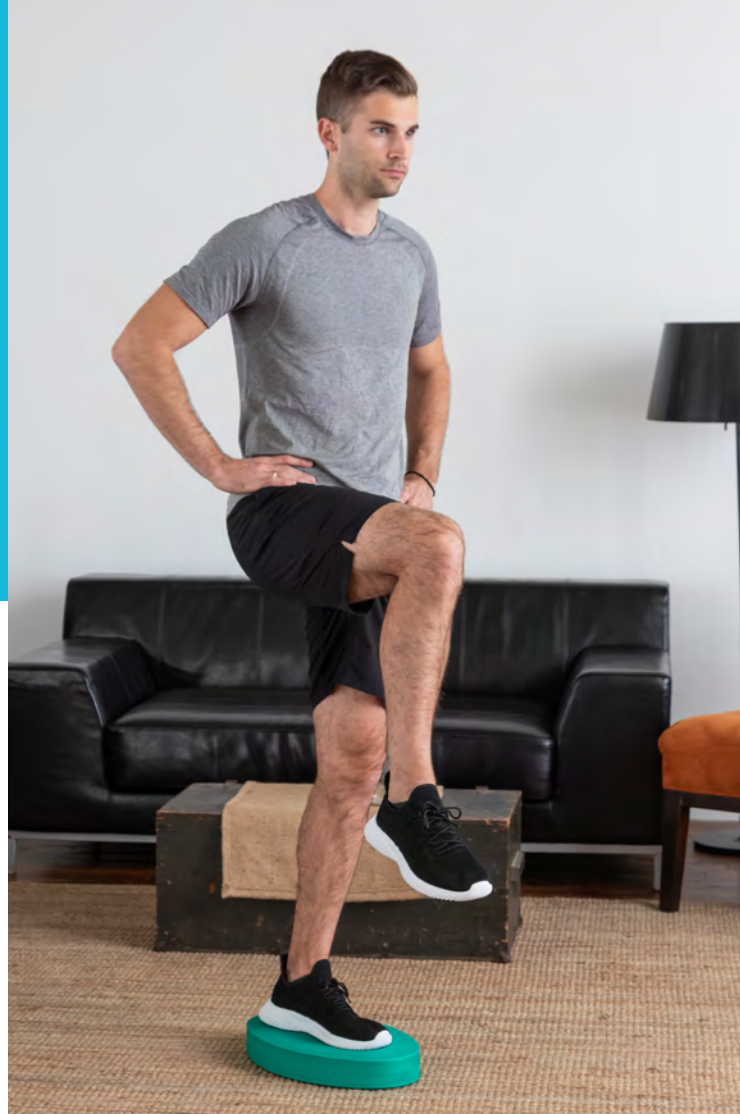
*Sold only in EU*

## Clinical uses

- All trainers are used as a base for back and fitness training, either in sitting, standing or lying positions.
- Helps create a healthy, strong back and stable body center
- Dynamic sitting and training made possible by air filling and the trainer shape
- Upright posture can be optimized during sensorimotor training

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## Our evidence-based results

### **THERABAND® Stability Training Protocol for Football Players Reduces Ankle Injuries**

Researchers wanted to determine if single-limb balance training with the THERABAND Stability Trainers can reduce the incidence of non-contact inversion ankle sprains.

**Results:** The balance training program, using THERABAND® Stability Trainers, effectively reduced ankle sprains in football players at higher risk by 77%.

McHugh MP et al. The effectiveness of a balance training intervention in reducing the incidence of non-contact ankle sprains in high school football players. *American Journal of Sports Medicine*. 2007. 35(8):1289-94.

### **THERABAND® Rocker and Wobble Board for ACL Injury Prevention Program Effective for Soccer Players**

A three-year study was conducted on 600 soccer players in 40 semiprofessional or amateur teams to determine the possible preventive effect of a gradually increasing proprioceptive training program on balance boards.

**Results:** Neuromuscular training programs using rocker and wobble boards during the preseason can significantly reduce the risk of ACL injury in soccer players.

Caraffa A et al. 1994. Prevention of anterior cruciate ligament injuries in soccer. A prospective controlled study of proprioceptive training. *Knee Surg Sports Traumatol Arthrosc*. 4(1):19-21.



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