

WOBBLE CUSHION WITH PUMP

The Stand and Sit Disc (Wobble Cushion) is a brand new product that is extremely versatile piece of equipment that combines the advantages of a Gym Ball, Sitting wedge, Wobble Board and Foot Massage. It can be used for a wide range of applications ranging from muscle strengthening and joint stabilisation, to post natal care. It truly is a 3 in 1 piece of equipment that can benefit anyone from children to the elder generation that is easily affordable.

The Stand and Sit Disc comes with it's own free pump for easy inflation or deflation, so you can adjust the pressure to the desired firmness.

Who can benefit from the use of an Stand and Sit Disc?

Everyone really, because of the uses which can be gained from this item.

Back Pain Prevention and Sufferers.

It can help people prevent back pain, and back pain sufferers, by using the Stand and Sit Disc as a seat cushion it helps tones trunk and abdominal muscles without strain or effort. It helps to promote an upright posture and active sitting. It can also be placed behind your back on a seat in the lower back area, to improve posture and comfort. The Stand and Sit Disc increases strength and flexibility in the back muscles, and helps with mobilisation of the pelvic floor muscles.

Foot, Ankle and Leg benefits.

The Stand and Sit Disc can also be used like a balance board. By simply standing on the disc, you can improve posture, with abdominal and trunk strengthening, along with increasing tone in the quadriceps, hamstrings and calf muscles. If using the spiky side, you can also use it for foot massage and stimulation.

It will retrain proprioception (the sense of balance) after injury, preventing further injury and ensuring a speedy return to sport.

It can help anyone who has undergone knee surgery could benefit from proprioceptive re-education, including cartilage and ligament operations as well as anybody with arthritic joints.

Instructions

*****PLEASE NOTE – THE PUMP ATTACHMENT FOR THE STAND AND SIT DISC IS IN THE HANDLE OF THE PUMP*****

To inflate the Stand and Sit Disc to the required firmness, insert the pump nozzle into the small hole. Inflate to the required firmness and then remove. To deflate, insert the nozzle and allow the air to escape, then remove.

Active Sitting

By sitting on the Stand and Sit Disc, encourages “active sitting” which leads to you continually having to make small adjustments. This helps the circulation to the discs in the spine and can strengthen back muscles. It also can strengthen the pelvic floor muscles and improve core stability by simply sitting.

By increasing the strength in the back, it can improve everything from your balance to posture. It is very similar to sitting on a Gym (Swiss) Ball, but has the added advantage of it being easily moved from chair to chair or use it when sitting on the floor.

By gently bouncing on the Stand and Sit Disc will encourage you to sit with the correct posture and help strengthen your postural muscles

Standing

By standing on the disc allows you to make adjustments to your balance. The use of the disc is beneficial to anyone who requires increased strength and coordination to the feet, ankles, lower and upper leg knees and hips. Anyone, who has had ankle, knee or hip surgery would benefit from proprioceptive re-education, including cartilage and ligament operations as well as anybody with arthritic joints.

1. Stand on the disc with both feet placed at shoulder width apart, keeping your knees slightly relaxed allows you to make adjustments to your balance.
2. Try the above but with your eyes closed.
3. Try exercising No 1 and throwing a ball against a wall.
4. Stand on one leg.
5. Stand on one leg with your eyes closed.
6. Stand on one leg and throwing a ball against a wall

Foot Exercises

Place the Stand and Sit Disc underneath your feet whilst sitting in a chair. Gently move your feet up and down and side to side. This will stimulate the nerves and increase circulation in the feet, ankles and lower leg. This can be particularly useful if you are travelling on a plane to help reduce the chance of with DVT, and generally to increase circulation in the lower limb area.

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