

MVP™ Balance board

MVP™ system offers an unstable and sensory-stimulating platform to facilitate balance and proprioceptive training and postural reactions. Boards can be used for: balance, coordination and proprioceptive training; ankle and knee strengthening and rehabilitation; core strengthening and stability; ankle ROM and flexibility; and improved posture.

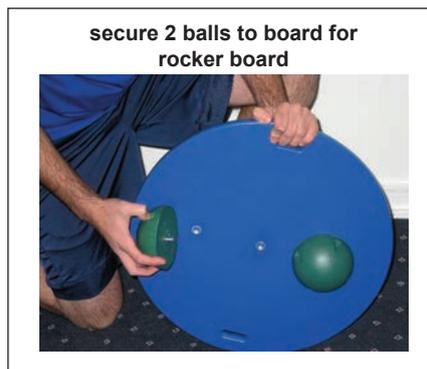
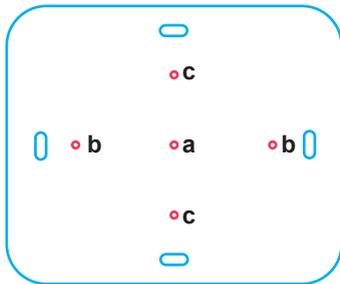
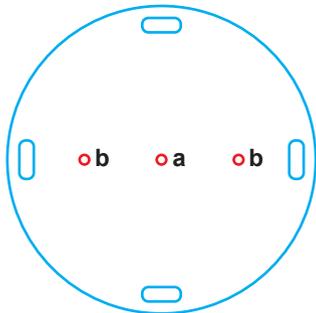
- use as wobble or rocker board
 - insert one ball in center inset (a) for wobble board (360 degree tilt)
 - insert balls in side insets (b, b) or (c,c) for rocker board (side to side or front to back)
- achieve variable degrees of instability
 - smaller board is more unstable (allows for larger range of tilt)
 - larger ball is more unstable (allows for larger tilt)

- circular boards have 3 ball-insets
- rectangular board has 5 ball-insets
- boards have slots to anchor exercise band or tubing

item number	size
10-1776	16" / 41 cm diameter
10-1786	20" / 51 cm diameter
10-1796	30" / 76 cm diameter
10-1756	15x18" / 38x46 cm

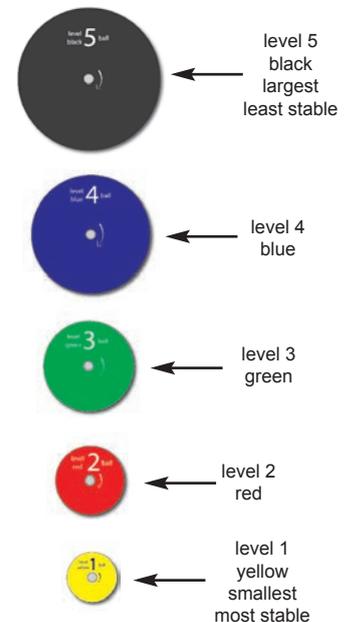
WARNING

- Exercise routines and requirements for supervision should be determined by your healthcare practitioner.
- Immediately consult your doctor if any discomfort is experienced while performing exercise(s).
- If necessary, use a sturdy outside support, such as a chair, to help maintain balance.
- Check balance board before each use for cracks or causes for instability.
- The balance board is not a toy.
- Weight limit is 300 lb / 136 kg.



instability balls

Instability balls, and racks sold separately. Screw instability ball(s) into balance platform insets to create wobble or rocker board, or ROM exerciser.



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Authorized CE representative:
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related items

instability balls	storage racks and tub
10-1760 yellow level 1	10-1740 5-ball rack
10-1761 red level 2	10-1744 10-ball rack
10-1762 green level 3	10-1741 5-ball storage tub
10-1763 blue level 4	
10-1764 black level 5	