Instability Balls

for

MVP™ Balance System

for balance training and ROM

and

Multi-Axial Positioning System

for foot and ankle therapy and ROM

Screw instability ball into balance platform insets to create wobble or rocker board, or ROM exerciser.

WARNING

Exercise routines should be determined by your doctor, therapist, coach, or trainer.

ver 7/12

MVP™ balance system

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

- use as wobble or rocker board
  - one ball for wobble board
  - two balls for rocker board
- level of difficulty is variable
- 5 color-coded instability balls
  - smallest ball (yellow) is most stable
  - largest ball (black) is most unstable
  - balls screw in/out of platform with ease
- three sizes of circular platforms
  - smaller is more difficult, larger is easier
- 2 side slots in platform for band or tubing
- use hanging rack for compact storage
  - holds 10 balls and up to 4 platforms

all components of the clinic MVP set hang on wall for easy storage!

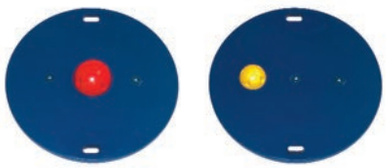
tie band or tubing in slots for dynamic exercise

complete MVP™ set

10-1904 complete set

set includes:
10 ball wall rack, 10 balls - 2 each level, 16" diameter board, 20" diameter board, 30" diameter board

secure 1 ball to board for wobble board



wobble centered wobble off-center

secure 2 balls to board for rocker board

additional platforms and balls

platforms

10-1776	16" diameter, hard
10-1786	20" diameter, medium
10-1796	30" diameter, easy
10-1696	20"x40" board

- circular boards have 3 ball-insets
- rectangular board has 5 ball-insets
- boards have slots to tie exercise band or tubing for a more dynamic vestibular challenge

2 ball sets

	challenge	height	pair
yellow	x-easy	1"	10-1760-2
red	easy	1.5"	10-1761-2
green	moderate	2"	10-1762-2
blue	hard	2.5"	10-1763-2
black	x-hard	3"	10-1764-2

10 ball sets

10 ball set 10-1766
yel red gre blu blk 2 each

10 ball set with rack 10-1743
yel red gre blu blk 2 each

10 ball rack

10 ball rack only 10-1744

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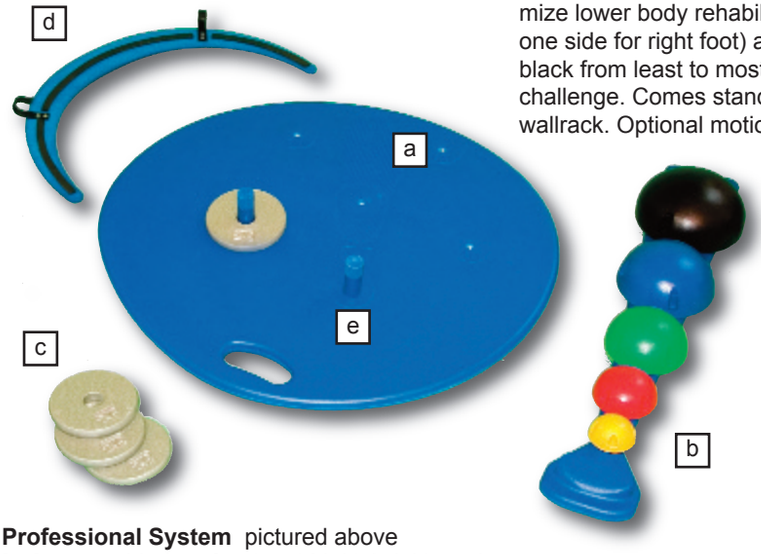
Multi-Axial Platform System

Multi-Axial Platform System offers adjustable ROM and weight training to maximize lower body rehabilitation. Includes reversible board (1 side for left foot and one side for right foot) and 5-ball set (color-coded yellow, red, green, blue and black from least to most difficult). Balls screw into board to provide vestibular challenge. Comes standard with 2 weight rods, 10 pounds of disk weights and a wallrack. Optional motion limiter is used to limit ROM.



Professional System pictured above
[a] two-sided professional Multi-Axial board
[b] weight rack with five color-coded instability balls: yellow, red, green, blue and black
[c] 2.5 lb. weight plates
[d] motion limiter complete with clips and padding
[e] weight rod (for any of the five sockets on either side of board)

Multi-Axial Platform System - PRO

10-1730	board with balls, rods
10-1731	board with balls, rods, weights, rack
10-1735	board with balls, rods, weights, tub

instability balls (hemispheres)

	challenge	height	each
yellow	x-easy	1"	10-1760
red	easy	1.5"	10-1761
green	moderate	2"	10-1762
blue	hard	2.5"	10-1763
black	x-hard	3"	10-1764

yel red gre blu blk	5 ball set	10-1765
yel red gre blu blk	5 ball set with rack	10-1742

instability ball wall rack

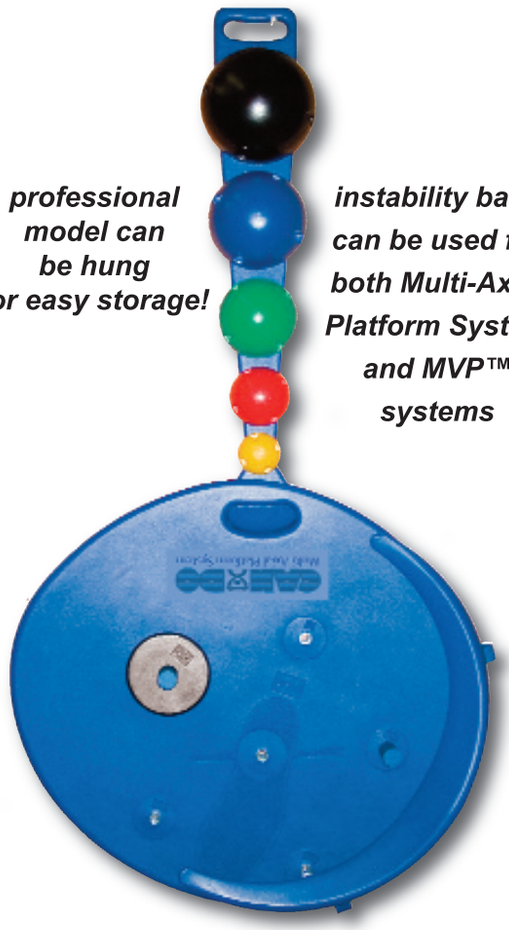
wall rack for 5 balls and board	10-1740

accessories

10-1732	Multi-Axial board only
10-1741	storage tub
10-1733	motion limiter
10-0601	2.5 lb. weight plate
10-0601-4	4 each 2.5 lb. weight plate
10-1770	weight rod (each)
10-1780	Dycem foot pad for added traction

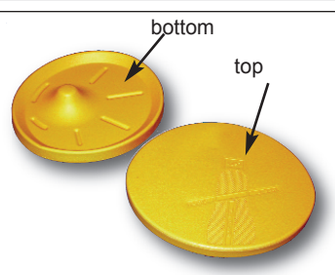
professional model can be hung for easy storage!

instability balls can be used for both Multi-Axial Platform System and MVP™ systems



Multi-Axial Platform System - Home

adult
home model (blue)



child/adolescent home model (yellow)

- board is elliptical with off-centered pivot
- select board for specific foot, and weight class

adult model *(over 120 pounds)* - blue

10-1752	home board for right foot
10-1753	home board for left foot

child model *(under 120 pounds)* - yellow

10-1750	home board for right foot
10-1751	home board for left foot

non-skid accessory

10-1780	Dycem foot pad for added traction

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