



SHUTTLE BALANCE

OWNERS MANUAL

Contemporary Design Company

SHUTTLE BALANCE

Owners Manual



ver. 2.0



For a digital copy of this manual, please visit
<http://www.shuttlesystems.com/support/manuals>
or scan this barcode with your Internet enabled device.

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Introduction to the Shuttle Balance

The Shuttle Balance Owner's manual has been prepared to help you make full use of all the capabilities of your Shuttle Balance, whether for efficient rehabilitation or for athletic training and performance. This manual contains instructions about how to assemble, adjust, use, and maintain your Shuttle Balance. With this knowledge - and your own imagination - the extraordinary features of the Shuttle Balance will allow you to design a customized workout program to reach all your fitness or rehabilitation goals.

Shuttle Balance Models



Balance Professional

Red Balance Steps
Control Cords
Padded Hand Grips
Red Elasticords



Balance Standard

Control Cords
Padded Hand Grips
Red Elasticords



Balance Sport

Lower Handrail (30")
Control Cords
Padded Hand Grips
Red Elasticords

Shuttle Balance Accessories



Steps
Part# 8012



Safety Grips
Part# 8013

Shuttle Balance Assembly

Note: Open box, remove and inspect all parts before assembly. If there is any shipping damage, please take a photo of the damage and email to support@shuttlesystems.com.



Step 1
Remove black steel tubes from the box and discard the tube protection from the ends of the tubes.



Step 2
Fit the tubes together. Keep the round rubber skid pads flat on the floor. Align the holes at the ends of the top and bottom tubes.



Step 3
When all tubes are loosely assembled, insert the four eye bolts provided with washer on the inside surface of the tubes. Then secure it with the aluminum knob.



Step 4
Place the Balance platform between the lower frame tubes.



Step 5
Hook up the four chains from the outer corners of the balance board to the four outside eye bolts on the top bars of the frame.



Step 6
Attach the carabiners in the middle of the black control cords and the four red elastics to the eye bolts at the base of the frame.



Step 7
The range of movement can be controlled by adjusting the length of the control cords using the three-hole rope adjustment lock, pulling it up or down.

Adjusting Your Shuttle Balance

1. Balance Platform (SEE PHOTOS for a variety of positions)

You can adjust the chain lengths to change the height, difficulty or angle of the board.



2. Adjustable Chains

The degree of stability of your platform may be adjusted by placing the chains on the various eye bolts on the edge of the platform.

Attaching the chains to the eye bolts on the corners of your platform will give you the most stable surface.

Attaching the chains to the eye bolts near the center of the platform will give you the most instability. This position will also give your platform a "tippy" movement. And, you can attach the chains to the other eye bolts along the outside of the platform for varying degrees of stability/instability.

You can also change the stability of the platform by adjusting the chains on the eye bolts located underneath the safety grips.

3. Elastic Dampeners

There are two purposes for the red elastic dampeners. They provide a lateral resistance to any exercise you do on the Balance. If you desire to have a completely free swaying platform on your Balance, disengage both the Elastic Dampeners and the adjustable Control Cords.



4. Control Cords

The black Control Cords allow you to adjust the range of motion of the balance platform.



Treatment Progression



For instructional videos on using the Balance, please visit www.ShuttleSystems.com/movies or scan the barcode on the left with your internet enabled device.

When working with the Shuttle Balance you're only limited by your imagination.



Step on to the balance platform facing forward, feet shoulder width apart.



Release hold on the safety grips while keeping the platform still.



Move Eyes & Head looking at different fixed points.



Reach and touch a fixed point: Catch a ball, pull a therapy band, throw a ball against a rebounder, or move free weights.



Foot Positions: Feet in line, one behind the other.

Overview



Top



Side





1. Adjustable Chains

Adjust the Balance Platform height, degree of stability, and tilt sensitivity.

2. Safety Rails

Convenient handles provide security and increased confidence during training.



3. Control Cords

Travel tethers attached to frame and Balance Platform allow you to control range of perturbation and lateral movement.

4. Elastic Dampeners

These bands provide dual benefit of softening perturbation as well as allowing progressive resistance for both abduction and adduction protocols.



5. Balance Platform

Non-slippery surface provides secure footing and assists you in determining and repeating foot placement. Supports up to 500 pounds.

6. Balance Step

The Step provides your most debilitated patients easy ingress and egress for comfort, confidence, and security.



Single Leg Balancing

Rotate on the balance board one complete turn (360 Degrees).



Repeat the above protocols facing the handrail.

Repeat the above protocols with eyes closed.



Perturbation: Standing behind the patient, gently kick or move the platform.

Use a Therapy band to provide resistance.



Jump on, stick landing, and then jump off. (Remove Balance Steps)

Exercise Protocols: Bilateral & Unilateral



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Note: Progress from Bilateral to Unilateral with improved ability.



Shift the platform back and forth or side to side. Brace your core to stop movement.



Kneeling on foam pad or proprioception disk.



Dorsiflexion: Platform in tilted position.



Squats



Plantarflexion: Platform in tilted position.



Hand Weight Drills: Shoulder rotations, curls, press ups.



Abduction/Adduction: One foot on the platform and one foot on step. (Loosen up control cord)

Eyes Closed: Repeat the above steps with eyes closed.



Step Facing Forwards and Sideways.



Throwing and Catching a ball with a therapist or rebounder.



Look Up.

Throwing and Catching with Rotation: catch a ball coming from the side with arms extended.



To increase difficulty add a Balance Ball, Foam Pad, Wobble Board, Proprioceptive Disk.

Upper Body Exercise Protocols



Closed Chain Proprioception: Shift the platform back and forth.



Plyometric Push-up: Push off then land on the platform surface.



Abdominal Exercises: Turn sideways, hold safety grips, bend at waist and propel the feet backward or forward.

Sport Specific Protocols



For instructional videos on using the Balance, please visit www.ShuttleSystems.com/movies or scan the barcode on the left with your internet enabled device.



Soccer Kicks: Suspend a target in front of athlete. While standing on one leg kick at the target.



Football Stance: While in a three point stance, maintain balance as a trainer perturbs the platform.



Golf & Baseball Swing: With club or bat in hand perform a full swing.

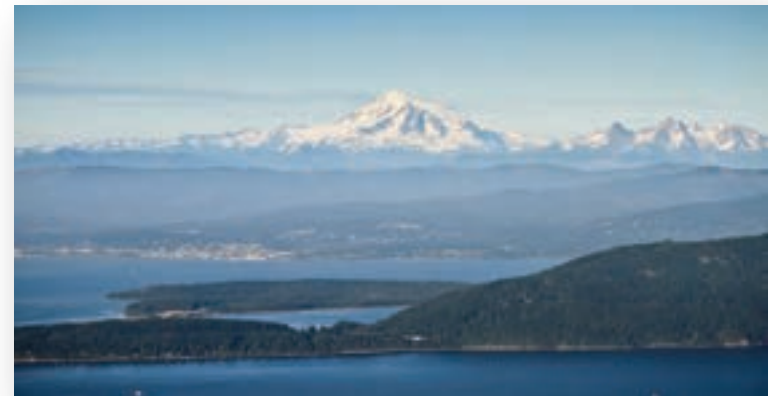
About The Shuttle Balance

While the Shuttle Balance is a product of Shuttle Systems, its creation and continual improvement over the years can be attributed to a variety of individuals. We'd like to thank them for their wonderful insight and kind assistance in making the Shuttle Balance what it is today.

The need for such a device as the Shuttle Balance was articulated by several Washington State physical therapists who were owners of our Shuttle products. We have found over the years that our current Shuttle owners are the best source for product development and innovation. Thank you all.

Robert Crouch of Precision Fitness in Adelaide, South Australia was kind enough to use some of the first prototypes of the Shuttle Balance with the Lightning Girls women's basketball team, Forty Niners men's basketball team, Australia Cricket team and his "Strong Bones" Program for seniors. In those product trials, the Shuttle Balance was demonstrated to be a very effective tool for balance training, rehabilitation and athletic development. Thank you Robert.

During the early phases of the Shuttle Balance program it came to light that Mick Lynch MD, a physician and college professor from Florida, and his sister Teresa Schuemann, a Physical Therapist in Washington State, had obtained a patent on a device very similar to our Shuttle Balance. After contacting Dr. Lynch and showing him what we had done, we were able to achieve a working relationship that benefited both parties relative to their technology. We appreciate the opportunity to work with Dr. Lynch and Teresa Schuemann, PT.



The Home of Shuttle Systems

Register Your Product & Get **Free** Stuff!

Please visit ShuttleSystems.com/register to register your new Shuttle Balance today and receive the following:

Limited Warranty:

- Structural - 5 yrs, Upholstery - 2yrs, Parts - 1yr

Shuttle Insider:

- Bi-monthly email newsletter with tips and tricks from current owners and respected therapists of the Shuttle Balance.
- Submit videos or tips about our products to be one of our featured "Meet an MVP" instructors.
- Maintenance videos to help keep your product working longer for less.
- Latest news on Shuttle products and accessories.
- Contest, events, and more!

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