

# A gentle & safe introduction into balance & core training

Beginners – physiotherapy – standing desk – elderly – young

Lower body flexibility & circulation - reducing stiffness

## CoolBoard Easy Start Disc Instructions

### Standing - Sitting – Exercising

Thanks for purchasing our Easy Start Disc – the perfect addition to your CoolBoard Balance Board.

**These instructions apply to both the Blue 30cm and Grey 40cm Discs.** The 30cm Disc provides a more nimble movement compared with the 40cm that feels more stable and less twitchy. Other than that, the Discs work in the same way.

By using CoolBoard on one of our Discs you have a superior wobble board. This takes away the sliding motion of the Ball and focuses on tilt – perfect for anyone wanting a more gentle and safe introduction into balance and core training.

If you wish to know why it is superior please see last page, otherwise, read on to get using your Disc.

#### 1, Pick your Disc

**The Grey 40cm Disc is more stable.** It is better for people wanting a more gentle balance experience. So it is good for early rehabilitation, or for using when you want to focus on something else e.g. working at a standing desk / watching TV, and for the elderly.

**The Blue 30cm Disc is more nimble & twitchy.** It is the best for sitting mobility. When used for Standing Balance, it's a bit more challenging - taking full focus and some practice to keep it level.

#### 2, Get some air into the Disc

Pull the stopper out and either blow by mouth or use the provided pump.

- Most people are happy to start with a medium amount of movement, so pump it up until its about 8 cm high.
- If you want very little movement just a couple of puffs or pumps will do, 2 or 3 cm high or even less – perfect for people recovering from a stroke or brain injury.
- If you want to push it, add more air, the 30cm Disc will get to a maximum of 15 cm high, and the 40cm about 20 cm.

Please be aware that using a Disc at maximum inflation will cause it to change shape a little, which becomes obvious when reducing inflation, don't worry - its function will not be diminished.



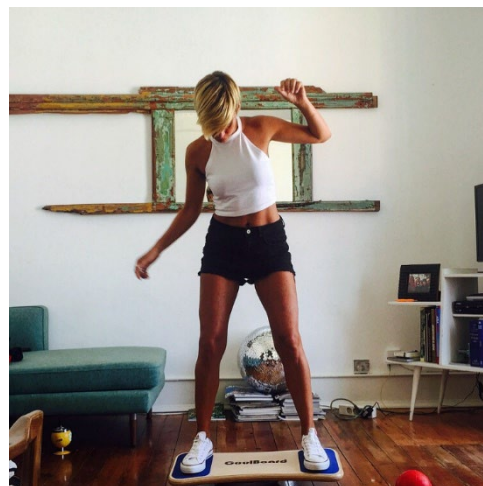
### 3, Pick your spot

This will depend on how you wish to use your CoolBoard – for **Standing Balance**, while **Sitting**, or for doing **CoolBoard Exercises**.

#### Standing Balance

A, Find is good bit of clear floor space.

- You are unlikely to fall, but please beware of any hard objects close by, e.g. tables.
- If you start with low inflation and are secure on your feet a support is often not needed.
- If you are nervous have a support within easy reach. Good supports are – door frames, banisters (lowest hallway), mantel piece, back of a high backed chair – your support should be high enough so that you don't stoop to use it as this will throw you off balance.



B, Place the Disc on the floor, place the CoolBoard centrally on the Disc. Place one foot at one end of the CoolBoard, then keeping your weight on this foot, place the other foot at the other end.

C, Now try to balance the Board on the Disc. You will probably wobble about to begin with, this is your body starting to learn. As your skill, balance and strength increase you'll steady the movement.

#### Standing Balance Challenges

- Keep the CoolBoard level without it touching the floor for as long as possible
- Introduce deliberate movements
  - Touch the right or left edge to the floor – then re-centre
  - Touch the front or back edge to the floor – then re-centre
  - Touch a corner to the floor – then re-centre
- Introduce Squats. Correct form is more important than depth of squat – so start bending your knees a little, making sure your knees don't go past your toes. Go lower when you are ready.
- Single Leg Work – place one foot in the centre of the CoolBoard and balance. This will place all of the work into that one leg. It is good to balance this out by working the other leg as well.

Your training will be more effective if you focus on it, however some people like distraction, so by all means have some music on, or the television, we've even had customers that like doing the washing up while balancing on the Disc!

## Sitting

CoolBoard is great to use while sitting – at your desk, while watching television or reading.

This will increase mobility in your ankles, knees and hips, and reduce stiffness while increasing circulation in your lower body.

Especially good for those spending long periods sitting, for those in rehabilitation and for the elderly.



The Blue 30 cm Disc is better for sitting. You will want medium inflation for the Disc, and if space is limited, e.g. under your desk, our Porto Board will be perfect.

A, Sit in your chosen spot and note where your feet rest. Set the disc and CoolBoard in this position.

B, Rest your feet on the CoolBoard and gently introduce movement – back and forth, side to side, round in circles.

[Click to see video](https://coolboard.co.uk/keep-mobile-while-you-sit-coolboard-wobble-board-improve-circulation-and-reduce-stiffness/) or go to: <https://coolboard.co.uk/keep-mobile-while-you-sit-coolboard-wobble-board-improve-circulation-and-reduce-stiffness/>

## Exercises

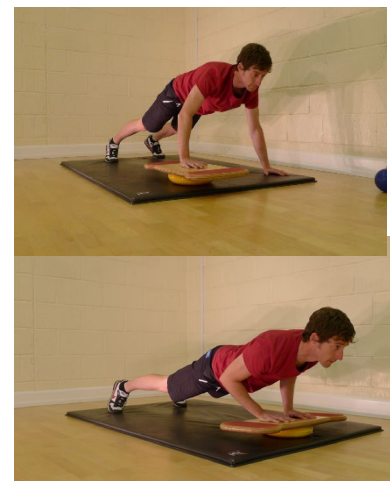
Most CoolBoard exercises can be done using the Disc instead of the Ball.

Exercises done on the Disc are more effective than traditional exercises due to the introduced movement. Moving up to the Ball will increase effectiveness, but the Disc is a great starting point.

It is best to inflate the Disc to 7 – 12 cm for exercises. Please follow the instructions included with the exercises.

If you wrap your fingers around the edges of the board be careful not to come down on them.

Effective exercise is about holding correct form and remaining in control whereas forcing lots of reps with poor form is a good way to get injured! So focusing on form and looking after your fingers will make your exercises more effective!



# CoolBoard on a Disc is superior to common wobble boards for 4 reasons

## 1 Superior Balance Platform

CoolBoard offers a far more natural stance, full foot support, zero flex, and a straight edge for confident starts.

### In comparison

Common wobble boards are small - have a very limited stance - forcing your feet too close together for comfort while limiting movement of certain joints. Wobble boards are often too small to support the whole foot especially for people with larger feet. Most wobble boards are circular, meaning they are less stable and therefore less confidence inspiring from the starting position.

## 2 Adjustability

Our Discs are fully adjustable by inflation, by mouth or pump.

By adding or reducing the amount of air you increase or decrease the challenge of balancing.

**Height**, maximum **tilt angle** and overall **stability** are simultaneously adjusted in this way. So you can start with very little inflation meaning the board is only just off of the floor, giving minimal tilt and maximum stability. Perfect for those needing a very easy start, e.g. recovering stroke victims.

As inflation is increased so too does the challenge. The board will be higher off of the floor, leading to a bigger angle of tilt and less stability.

CoolBoard is also designed to be used on our Balls, so if you wish to you can take the step up to full 3D balancing and the amazing benefits this brings.

### In comparison

Common wobble boards offer little to no adjustment. This may mean it is too challenging to use to begin with. It also means that as you improve you will outgrow a wobble board.

## 3 Wobble boards use a hard fulcrum

The fulcrum is the bit that rests on the floor – being hard gives the movement an on / off feeling.

Our Discs, being inflatable, have inherent give. This makes the movement more progressive and less nervous.

## 4 Fun Factor

This may not seem important – but it is one of the most important factors in gaining the benefits.

If you don't use it, or stop using it, or use it less, then you will get less or no benefit – simple.

If you like using it, you're more likely to use it, and to use it for longer. Now the benefits come, and you'll enjoy not just the result of feeling better and fitter, but the process of getting there as well.

Many physiotherapists have said that the functional benefits of CoolBoard are fantastic – but what they really like, and what makes the biggest difference to their clients – is the fun factor. CoolBoard get used – again and again!

Wobble Boards really aren't that fun – CoolBoard is neigh on addictive!