

# Stability Trainer

## INSTRUCTION MANUAL

 **Thera-Band** ®

CE



# Stability Trainer

## INSTRUCTION MANUAL

### Purpose/Use

The Stability Trainer is used specifically to improve balance, postural stability, proprioception, and coordination. The unsteady surface challenges the body to maintain postural stability and balance. It is particularly useful for balance training in older adults, rehabilitation of the lower extremities, and for sports performance enhancement. Research shows that balance training can reduce the incidence of falls and re-injury. The Stability Trainer can also add challenge to traditional exercises, thus requiring more work from the core postural muscles.

### Indications

- Orthopaedic injury or surgery rehabilitation
- Balance or vestibular impairments
- Kinesthetic or proprioceptive impairments
- Postural stability impairments
- Muscle imbalance

### Precautions

- Each Stability Trainer should be checked for slip or glide on the surface it will be used on prior to use. Do not perform balance training on slippery surfaces or on throw rugs.
- Instruction regarding indications, precautions, proper application, and progression of this product should be provided by a healthcare professional prior to use.
- Persons with significant impairments in balance, postural stability or sensory integrity should only exercise under close supervision of a healthcare professional.

- Persons at high risk of falls (those taking certain medications, with osteoporosis, or poor strength) should only exercise under close supervision of a healthcare professional.
- Remove sharp objects from the nearby area of balance training.
- If you experience any pain or difficulty with these exercises, stop and contact your healthcare provider.

### Product Care

- The Stability Trainer should be inspected before use for any damage, and cleaned of dust or dirt prior to use.
- The Stability Trainer should be cleaned periodically with warm soap and water, and allowed to air dry.
- Harsh cleaners or abrasives should not be used.
- During storage, the foam Stability Trainers should be laid flat with nothing on top of them, as this may leave a permanent impression on the material. This impression only affects the appearance of the pad, not its performance.
- Keep the Stability Trainer out of direct sunlight and extremes of temperature.
- Avoid using with shoes containing sharp or narrow heels, spikes, or cleats.

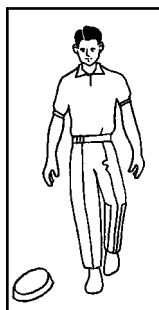
### Application

- Before using the Stability Trainer, exercises should be demonstrated and performed safely on a stable or firm surface.
- As your balance improves, progress from holding on to something sturdy (such as a chair) to having the support object nearby for support as needed.
- Use caution when progressing to the next color/level of instability, ensuring proper postural control.
- For best results, exercises should be performed barefoot, to maximize proprioceptive stimulation to the sole of the foot.
- For additional stimulation use side with the tactile/sensory surface.

## Progression

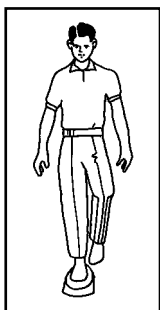
- The Stability Trainer is available in three levels of challenge, indicated by their color and firmness.
  - Green: Beginner challenge level
  - Blue: Intermediate challenge level
  - Black: Advanced challenge level
- The Stability Trainer exercises can be progressed in four levels of challenge (see figures 1 through 4 below):
  - Firm surface (no Stability Trainer)
  - Green Stability Trainer
  - Blue Stability Trainer
  - Black Stability Trainer

Figure 1:



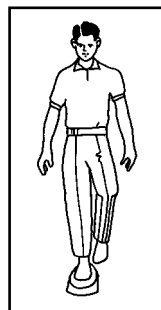
Firm surface

Figure 2:



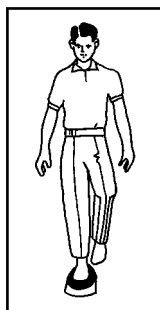
Green

Figure 3:



Blue

Figure 4:



Black

- Progression should be based on the individual's ability to perform movements safely and correctly with proper postural stability and coordination

## Exercises

- See your healthcare provider for an appropriate exercise prescription
- Be sure to maintain proper posture throughout the exercise
- Perform all exercises on firm surfaces first and with support (such as a chair) nearby.
- Progression: Firm Surface, Green, Blue, Black

## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ BILATERAL (2-LEG) BALANCE

Standing on both feet, balance on the Stability Trainers. Maintain balance. Use support as needed.

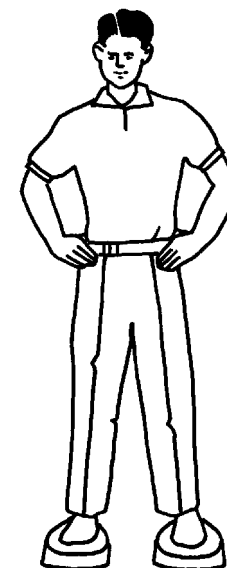
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



### ☐ BILATERAL CALF RAISES

Standing on both feet, balance on the Stability Trainers. Rise up on toes and slowly return. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ UNILATERAL (1-LEG) BALANCE

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

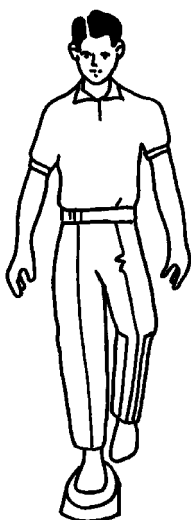
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ UNILATERAL CALF RAISES

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Rise up on toes and slowly return. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

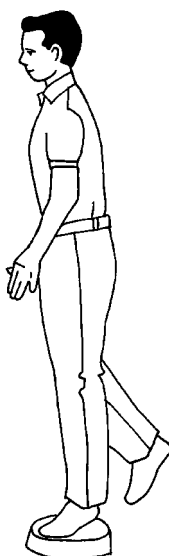
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ UNILATERAL BALANCE WITH LEG EXTENSION

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly extending opposite leg. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

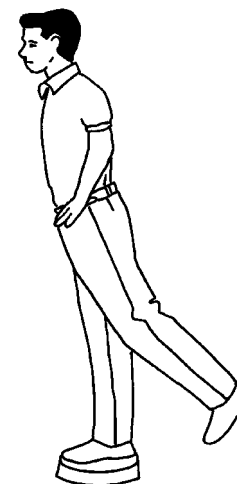
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ UNILATERAL BALANCE WITH HIP FLEXION

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly flexing opposite hip. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

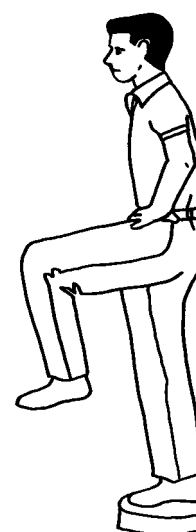
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ UNILATERAL BALANCE WITH KNEE FLEXION

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly bending opposite knee. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

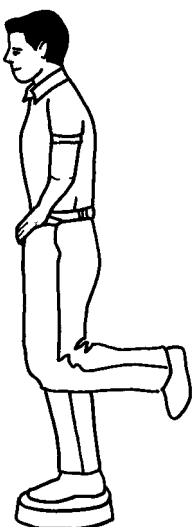
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ THERA-BAND® KICKS (ABDUCTION)\*

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly kicking outward against the band with opposite leg. Keep knees straight. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Band Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

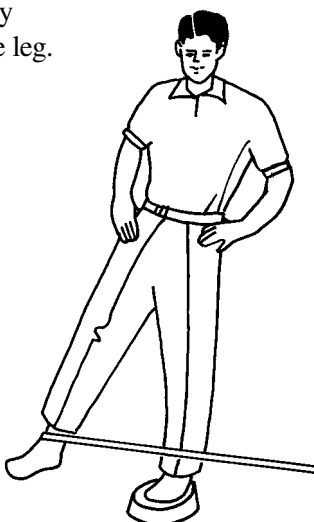
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ THERA-BAND® KICKS (ADDUCTION)\*

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly kicking inward against the band with opposite leg. Keep knees straight. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Band Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ THERA-BAND KICKS® (EXTENSION)\*

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly kicking backward against the band with opposite leg. Keep knees straight. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Band Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

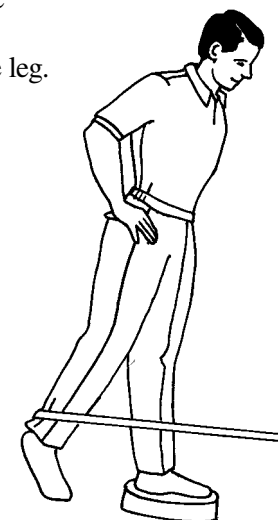
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ THERA-BAND® KICKS (FLEXION)\*

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly kicking forward against the band with opposite leg. Keep knees straight. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Band Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ "STATUE OF LIBERTY"\*

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while oscillating FlexBar®. Use support as needed.

Stability Trainer Color \_\_\_\_\_

FlexBar Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

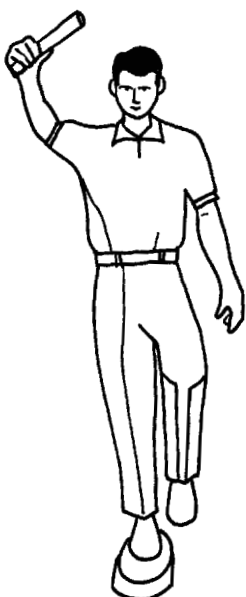
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ BILATERAL MINI-SQUAT

Standing on both legs, balance on Stability Trainers. Maintain balance while slowly bending at the hips and the knees about 30°. Keep back straight. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

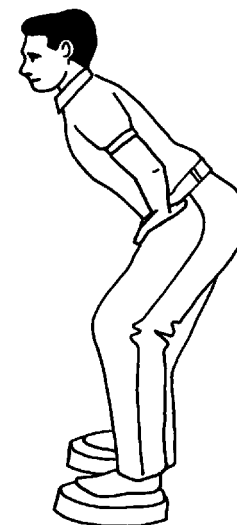
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ UNILATERAL MINI-SQUAT

Standing on RIGHT or LEFT leg, balance on Stability Trainer. Maintain balance while slowly bending and at the hips and the knee about 30°. Keep back straight. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## LOWER BODY: Hip, Knee, Foot & Ankle

### ☐ THERA-BAND® TKE'S (TERMINAL KNEE EXTENSIONS)

Standing on RIGHT or LEFT leg, balance on the Stability Trainer. Maintain balance while slowly bending and straightening knee against band. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Band Color \_\_\_\_\_

Repetitions \_\_\_\_\_ Time \_\_\_\_\_

☐ Repeat on Opposite Leg

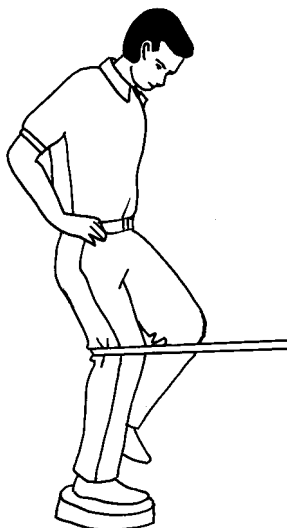
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ ANKLE RANGE OF MOTION

Sitting with the Stability Trainer under your RIGHT or LEFT foot, move your toes up and down, bending at the ankle joint. Maintain contact with the Stability Trainer at all times.

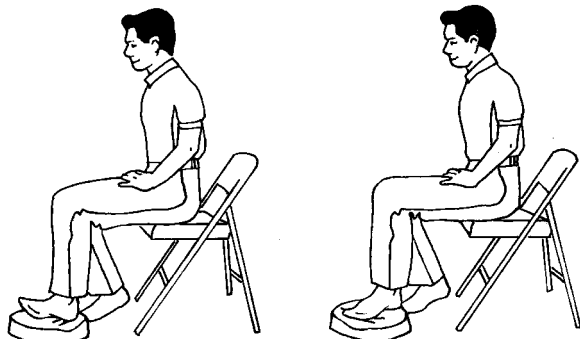
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

☐ Black Stability Trainer



## FUNCTIONAL ACTIVITIES:

### ☐ SIT-TO-STAND

Sit near edge of chair with the Stability Trainers under each foot. Lean forward and slowly stand up, maintaining balance. Return to sitting. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

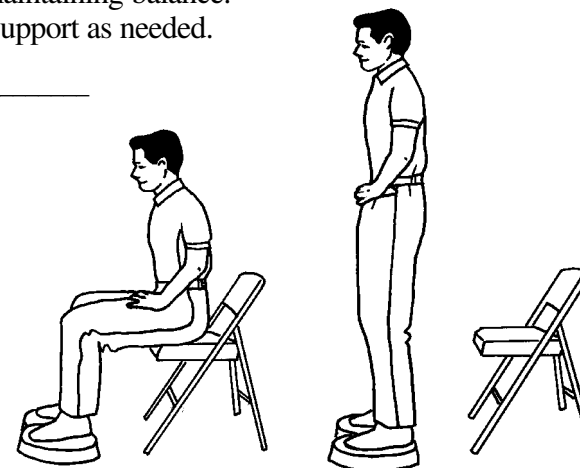
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



### ☐ FORWARD REACH

Standing on both legs, balance on Stability Trainers. Maintain balance while slowly bending at the waist to reach forward. Use support as needed. (Use this exercise with caution!)

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

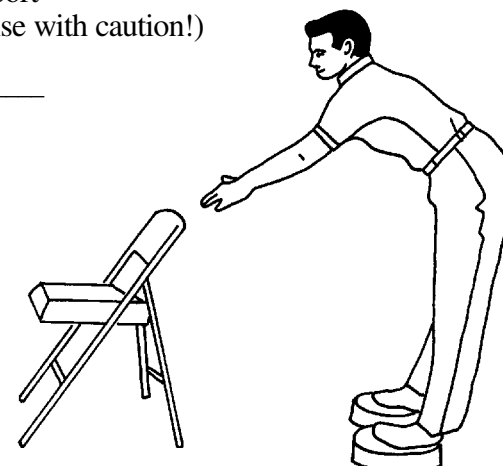
#### PROGRESSION

☐ Firm surface

☐ Green Stability Trainer

☐ Blue Stability Trainer

☐ Black Stability Trainer



## FUNCTIONAL ACTIVITIES:

### ☐ STEP-UP

Place Stability Trainer on a small step. Using RIGHT or LEFT leg, step onto the Stability Trainer. Maintain balance while extending knee. Slowly return. Use support as needed.

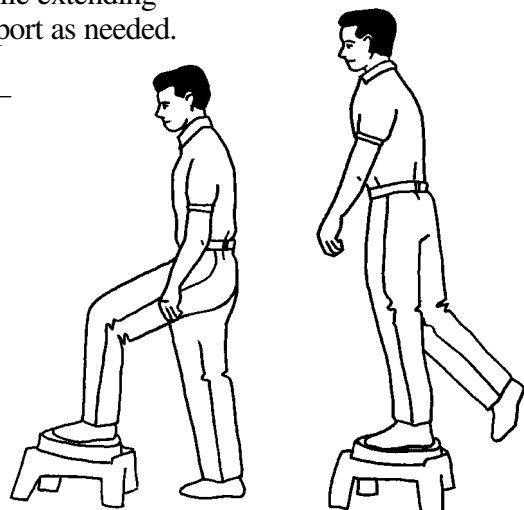
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



### ☐ LUNGE

Place the Stability Trainer in front of you. Using RIGHT or LEFT leg, step onto Stability Trainer. Maintain balance while lunging down. Keep back straight. Slowly return. Use support as needed.

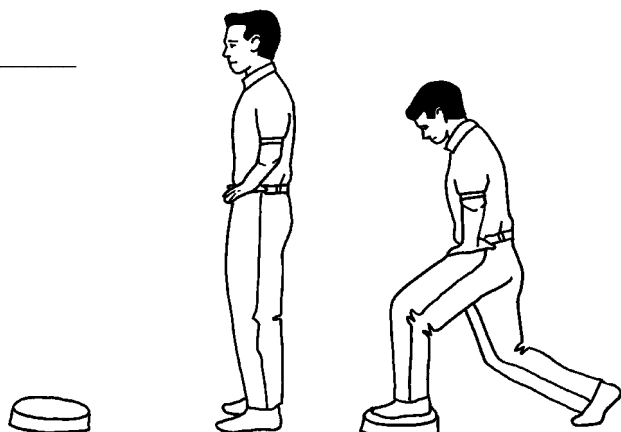
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



## FUNCTIONAL ACTIVITIES:

### ☐ GOLF SWING

Stand on the Stability Trainers with both legs while practicing golf swing motion. Use support as needed.

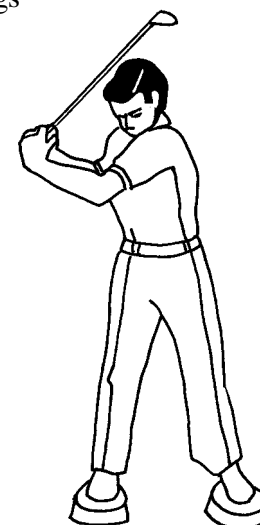
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



### ☐ BASEBALL PITCH

Stand on the Stability Trainer while practicing baseball pitching motion. Use support as needed.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer





## FUNCTIONAL ACTIVITIES:

### ☐ SOCCER KICK

Stand on the Stability Trainer while practicing soccer kicking motion. Use support as needed.

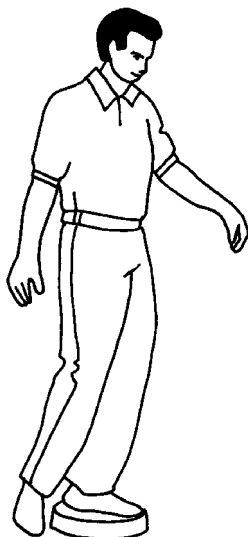
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



### ☐ TENNIS SWING

Stand on the Stability Trainers with both legs while practicing tennis swing motion. Use support as needed.

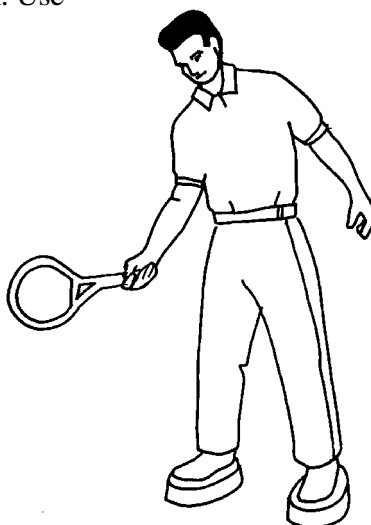
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



## UPPER BODY: Shoulder, Elbow, Hand & Wrist

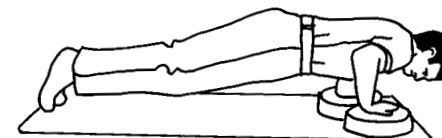
### ☐ PUSH-UPS

Perform push-ups while balancing hands on Stability Trainers. Keep back straight.

Stability Trainer Color \_\_\_\_\_

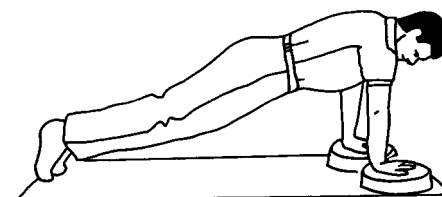
Repetitions \_\_\_\_\_

Time \_\_\_\_\_



#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



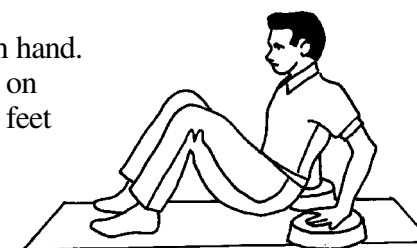
### ☐ PRESS-UPS

Place a Stability Trainer under each hand. Perform press-ups while balancing on the hands. Extend elbows, keeping feet stationary on the ground.

Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_



#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



## TRUNK: Abdominals & Back

### ☐ ABDOMINAL CURLS

Place the Stability Trainer under the tail bone and low back. Perform a curl-up, keeping knees flexed and feet on the ground. Slowly return.

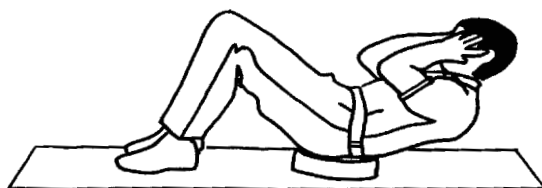
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



### ☐ PRONE PRESS-UP

Lie prone (face down). Place the Stability Trainers under both forearms. Raise hips and knees off ground. Keep back and knees straight.

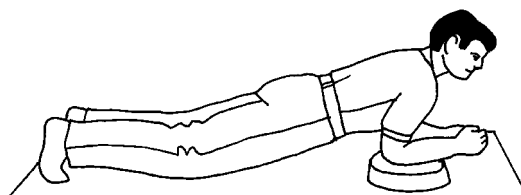
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer



## TRUNK: Abdominals & Back

### ☐ QUADRUPED ARMS & LEGS

Using the Stability Trainers, get into hands-and-knees position. Keeping back straight, slowly extend the right arm and left leg. Slowly return and repeat with opposite arm and leg.

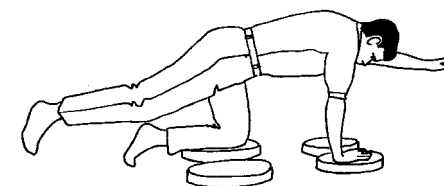
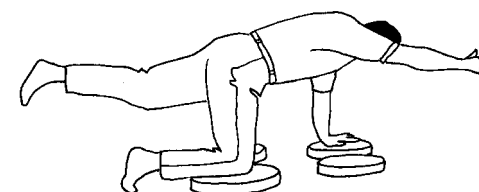
Stability Trainer Color \_\_\_\_\_

Repetitions \_\_\_\_\_

Time \_\_\_\_\_

#### PROGRESSION

- ☐ Firm surface
- ☐ Green Stability Trainer
- ☐ Blue Stability Trainer
- ☐ Black Stability Trainer





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