

## Instructions & Safety

Due to high risk of causing a puncture in the cushion material, take great care when inserting pump nozzle

Insert the pump nozzle into the small hole and inflate the Wobble Cushion to the required firmness, then remove. To deflate, insert the nozzle and allow the air to escape, then remove.

**IMPORTANT** – Before commencing exercise, always consult your doctor or therapist.

- Exercise and rehabilitation for feet, ankles, knees and hips.
- Balance training and core stability.
- Whilst carrying out these exercises, please ensure that you avoid any sudden or hasty movements.
- All exercises should be a controlled movement.
- Stop exercising immediately if you start to feel ill or dizzy.



# 66fit® 35cm Inflatable Wobble Cushion

with hand pump



Thank you for purchasing the 66 Fit 35cm Inflatable Wobble Cushion. This is a quality product that can help you exercise in many different ways, improving balance, core stability, coordination, strength and flexibility.



**The Wobble Cushion is an extremely versatile piece of equipment combining the advantages of a Gym Ball, Sitting Wedge and Wobble Board. It can be used for a wide range of applications ranging from muscle strengthening and joint stabilisation, to post natal care. This product can benefit anyone from children to the elder generation.**

#### **Active Sitting**

- Sitting on the Wobble Cushion encourages “active sitting” which leads to you continually having to make small adjustments. This helps the circulation to the discs in the spine and can strengthen back muscles. It also can strengthen the pelvic floor muscles and improve core stability.
- By increasing the strength in the back, it can improve everything from your balance to posture. It is very similar to sitting on a Gym Ball, but has the added advantage of it being easily moved from chair to chair or use it when sitting on the floor.
- By gently bouncing on the Wobble Cushion will encourage you to sit with the correct posture and help strengthen your postural muscles.

#### **Standing**

- By standing on the cushion allows you to make adjustments to your balance. The use of the cushion is beneficial to anyone who requires increased strength and coordination to the feet, ankles, lower and upper leg, knees and hips. Anyone who has had ankle, knee or hip surgery would benefit from proprioceptive re-education, including cartilage and ligament operations as well as anybody with arthritic joints.
- Stand on the cushion with both feet placed shoulder width apart, keeping your knees slightly relaxed allows you to make adjustments to your balance. Try the above but with your eyes closed or standing on one leg.

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