

Vestibular Disc Exercises

The inflatable vestibular disc mimics both the movement and shape of the inflatable exercise ball when used on any seat. It acts as a dynamic cushion to activate major muscle groups. Use it on the floor as a standing disc for balance training, proprioception and strengthening of the extremities. Can be deflated to 1" thickness (mushy) or inflated to 2" thickness (firm). The disc has one rough side for tactile feedback and stimulation and one flat side. The uses are limitless.

Basic Exercises

- **Sitting on Disk (on Chair)**
 - Rock back and forth continuously
 - Side to side hold stretch
 - Rock side to side continuously
 - Rock in clockwise and counter clockwise circles
 - Rock in figure 8's
 - Spinal twist to the left and to the right

- **Standing on Disk**
 - Stand on one leg for 1 minute than switch
 - One leg stand with bringing both arms up, backward, or forward

Advanced Exercises

- **Hands on Disk**
 - Place hands on disk for plank holds
 - Pushups or modified pushups

- **Standing on Disk**
 - One leg standing heel taps
 - One leg standing toe taps
 - Stand on one leg with eyes closed

- **Sit on Disc (on Floor)**
 - Hollow body holds
 - Side twists
 - V-Ups

Touch Sensory Training- use the rough nubby side of the disc for the above exercises

Please use caution when performing these exercises. You may lose you balance so please use in a safe environment. This information does not take place of your doctor's advice or recommendations. If pain or injuries occur stop immediately and contact your doctor. If you have any questions on how to perform any of the exercises listed please contact us at 608-441-3455.