

CanDo® Balance Board Combo™

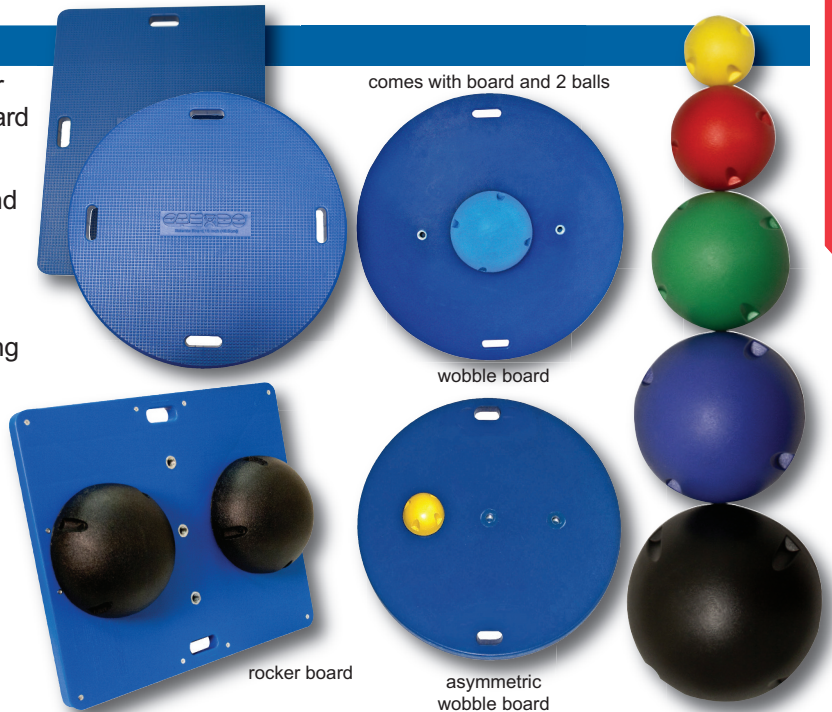
- each board comes with 2 balls; use both for a rocker board, use 1 for a wobble or asymmetric wobble board
- strengthen and condition lower body
- improve ankle ROM, balance, body awareness and develop joint mobility and reaction skills
- durable, heavy-duty and non-skid, yet lightweight and compact for portability
- each board has handles/slots to add band or tubing
- additional balls and boards sold on page 69

circular (16" diameter)

			tilt	
yellow	x-easy	1" height	7°	10-2020
red	easy	1.5" height	11°	10-2021
green	moderate	2" height	14°	10-2022
blue	difficult	2.5" height	18°	10-2023
black	x-difficult	3" height	21°	10-2024

rectangular (15" x 18")

			15"	18"	
yellow	x-easy	1" height	7°	7°	10-2030
red	easy	1.5" height	11°	10°	10-2031
green	moderate	2" height	15°	13°	10-2032
blue	difficult	2.5" height	18°	16°	10-2033
black	x-difficult	3" height	22°	19°	10-2034



economical choice!
each board does the job of 3

Thera-Band® balance boards



- anti-slip base with a sensory stimulation surface offers a new performance level to balance training

rocker board (front-back)

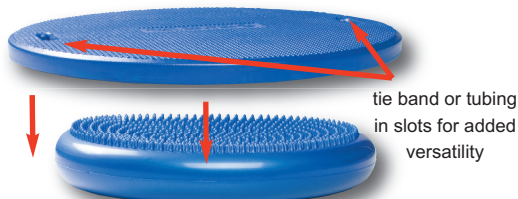
10-1184 rocker

wobble board (all directions)

10-1185 wobble

CanDo® modular stability trainer

combine products for a multitude of uses!



- combines the balance disc and non-slip board to make a stability trainer
- stack discs or use smaller board for added difficulty
- stand on disc and shift weight to perform stability exercises

board and stability disc (35cm disc)

10-1705	16" advanced
10-1706	20" intermediate
10-1707	30" beginner

CanDo® Board-on-Stone™ balance trainer



- use to challenge balance skills
- to increase difficulty inflate stone, use larger stone, or smaller board
- place non-slip board on top of stone
- stone can be placed flat side up or down for varied difficulty

board and balance stone

10-1725	7" stone and 16" board
10-1726	7" stone and 20" board
10-1727	7" stone and 30" board
10-1722	13" stone and 16" board
10-1723	13" stone and 20" board
10-1724	13" stone and 30" board

boards only - use with disc and balance stone

10-1700	16" circular
10-1701	20" circular
10-1702	30" circular