

## Ro Óg BalanceBoard - Instructions For Use:

1. Make sure to wear the correct footwear to provide a grip.
2. When using the balance board for the first time, sit down on a chair, place the balance board in front of the chair under the feet and slowly rotate it a number of times in each direction. This is good for improving ankle range of motion and control.
3. Stand on the balance board, feet shoulder width apart or on the foot imprints on the board with knees slightly bent, trunk erect always looking straight ahead without the edges on the board touching the floor.
4. Beginners may find it easier to hold onto the back of a chair for support if needed and rock the board forwards and backwards, then side to side.
5. Rotate the balance board round so that the edge of the board is in contact with the floor at all times.
6. Remove the chair.
7. Try to do this for as long as you can without the edges touching the floor.
8. Rotate the balance board in a circle, but do not allow the edge of the board to touch the floor. You will experience sudden movement from side to side, front to back when you are initially trying to balance but this will reduce with practise.
9. As your balance improves you can try to control the movement of the board tilting side to side and front to back without the edges of the board touching the floor. Try to do this for as long as you can without the edges touching the floor.
10. When you have mastered your balance now try it with your eyes closed.
11. If you can balance, introduce one of the balls, try to move the ball all around the triskel design not letting the edge of the board touch the floor.
12. If you can complete this move onto the Ro Óg logo while trying to keep your balance i.e. the edges from touching the floor.
13. Introduce a stopwatch for some fun making it more competitive.
14. If you can master all these exercises, then your proprioception and balance are good! If not, keep working at it and you should soon see improvements.



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