

Wobble Board versus Physio-Master

Prof Jim Richards
Department of Allied Health Professions
University of Central Lancashire

Summary of full presentation

- To balance the wobble board the person has to move their weight away from the rim of the board
- Balancing the wobble board causes a large decoupling of the centre of mass and centre of pressure.
- This decoupling is essentially making the body unstable before then trying to balance the board
- This movement to an unstable position is not an easy task for many individuals with balance and proprioceptive problems
- The Physio-Master offers a far less aggressive balancing challenge than the wobble board
- The balancing exercise still requires a degree of decoupling, but in a slower and more controlled way.
- This would be far more appropriate for people with balance and proprioceptive problems



Full presentation can be viewed on www.mdti.co.uk