SPORTENZIA

USER GUIDE

ANKLE BALANCE BOARD

A 30 × 11 cm wooden board in two hinged plates resting on rounded supports: it tilts under a single foot and trains ankle balance, mobility and proprioception. First steps, progression, safety, care.

REF. SPSTABIBOARD1 · WOOD AND NYLON, 30 × 11 CM · ONE FOOT AT A TIME, ADULTS AND CHILDREN



01 · GETTING STARTED

WHAT IT IS, FIRST STEPS, SAFETY

What it is

Two wooden plates joined by a hinge, the longer one under the forefoot, the shorter one under the heel, resting on rounded supports that let them tilt. The board therefore moves forward, backward and sideways, and the forefoot can move independently of the heel. Both contact areas carry a non-slip coating.

Who it is for

For anyone who wants a steadier ankle: sports with changes of direction, hiking, running, return to activity after a sprain when a health professional has recommended it. Adults and children, one foot at a time.

First steps

1. **Place the board** on a flat, hard, non-slip floor, next to a stable support: wall, chair back, bar.
2. **Put one foot on it** barefoot or in non-slip socks, forefoot on the front plate and heel on the rear plate, well centred on the non-slip areas.
3. **Find your balance** one hand on the support, the other leg slightly bent beside you. Let the board tilt a little, then try to hold it level.
4. **Move slowly** forward, backward, then side to side, over a small range. The foot and ankle make the corrections, not the hip.
5. **Progress** once it is easy: let go of the support, then close your eyes for a few seconds, then add an arm movement. Switch feet.

Specifications

Materials	**Wood and nylon**	Dimensions	**30 × 11 cm**
Surface	**Two non-slip areas**	Design	**Two hinged, rocking plates**
Use	**One foot at a time**	Users	**Adults and children**
Training	**Balance, mobility, proprioception**		

SAFETY

- Always keep a support within reach for the first sessions: a fall off the board lands on a twisted ankle.
- Flat, hard, clean floor: never on a thick rug, wet tiles or a waxed wooden floor.
- Children under adult supervision, barefoot or in non-slip socks.
- Recent sprain, pain or surgery: ask a health professional before using the board.
- One foot at a time, standing. The board is not made for jumping or for two people.

02 · DAY TO DAY

EXERCISES, CARE, TROUBLESHOOTING

Possible exercises

EXERCISE	WHAT IT TRAINS	POINTERS
Holding the board level	Balance, ankle control	Small corrections, eyes ahead
Forward and backward tilts	Mobility in flexion and extension	Slowly, no forcing at the end of the range
Sideways tilts	Ankle stabilisers	Knee stays in line with the foot
Forefoot then heel	Independence of the two contacts	Press on one plate, then the other
Eyes closed, arms moving	Proprioception	A few seconds, support within reach

Short, regular sessions; stop when the ankle shakes without correcting any more.

Care

- Wipe the non-slip areas with a damp cloth; let dry before storing.
- No soaking, no harsh cleaner: the wood swells and the coating peels.
- Store flat, dry, away from a radiator. Check the hinge and the supports from time to time.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Board slides on the floor	Dusty or smooth floor	Clean the floor, move elsewhere
Foot slides on the board	Smooth socks, damp sole	Barefoot or non-slip socks
Cannot hold balance	Too much range too soon	Back to the support, small tilts
Noise or play at the hinge	Wear	Stop using it, contact us



Two hinged plates on their rounded supports, two non-slip areas.

GOOD TO KNOW

- The board packs into a bag: at 30 × 11 cm it fits in a drawer or a suitcase.
- Holding it level is already an exercise; the tilts come later. The first sessions can be as short as a minute per foot.
- Work both ankles, including the good one: it is the difference between the two that shrinks.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about using the board.

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