



BALANCE EXERCISE WITH BALANCESTEP

Good morning, my name is Vaclav Mares and I would like to present here my invention of balancestep for you. Balancestep is one of many balance aids and it has one advantage compared to the others, i.e. loading weight on our legs separately.

Balancestep as a sport physiotherapeutic aid

Balancestep is a sport physiotherapeutic aid, as the two semispheres, which are to be fastened to the soles of your sport shoes can be fastened in two positions:

The first position is the physiotherapeutical one when we fasten the balancestep with the Velcro into the centre of the soles. In this position of the semispheres on the shoes we weight down postural muscles and leave out big muscle groups, because balancestep opretates only when we keep balance on it.

The second position is the sportive one when we fasten balancestep into the centre of the first half of the shoes. Now on the contrary balancestep leaves out the postural muscles and weights down the big muscle groups both of the upper and lower limbs.

The sizes and putting balancestep into position

Balancestep is produced in two sizes. The first one is for shoes size from 36 to 43. If your size is larger (up to size 46), you can use balancestep with prolonged Velcros.

Putting balancestep into position

Now I would like to show you how to fasten balancestep on the shoes.

Lean your heel against the floor and put the balancestep under your foot. Step on it and fasten the balancestep into the middle resp. under the tip of the sole.

We start working out

The motion on the balancestep is started on the semisphere and the heel.

When we feel self-esured, we can press against the sides and find out that balancestep fastened with Velcros sticks to your feet very well.

Then we stand up and start going with small steps on the heel and the semisphere. Step by step we can start moving only on the semisphere.

Keeping body in the right posture is very important – standing straight, your shoulders back, your chin up. Working out lasts from 30 sec to 5 minutes always with short breaks, filled with walking on the heel and the semisphere.

Exercise demonstration

Balancestep is useful for seniors, young people and even for top-level sportsmen.

The best is to start leaning against the wall. To be able to activate also big muscle groups we can lower the centre of gravity into the position of a down-slope skier or a windsurfer. It is important to complete balancestep with other exercises so that we do not actually perceive doing balancestepping and we balance subconsciously. We can use for example a rubber hand exerciser, which we can place on the top of the head and try to keep balance in the upright posture.



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Seniors to sport court, not to hospital

Seniors will really enjoy this exercise. For children it can be completed with an attempt at juggling. It has also been used with sport games lately, as it can help handling the ball at volleyball, basketball or at tennis training.

Look for further details at www.balancestep.cz