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Seniors to sport court, not to hospital

BALANCE EXERCISES – BALANCESTEP

For balance exercising we use two semispheres from elastic rubber, which are fastened with two bands to sport shoes soles. This balance aid enables us to shift balance area in front-to-back axis of the foot and to work out every foot extra.

This exercise enables us to achieve muscle balance and is very effective e.g. in prevention of scoliotic posture of children and of flat feet. While exercising we centre the joints of lower limbs – ankle, knee and hip joints, we enhance stabilizational strength of corresponding muscles and thus we prevent acute or chronic changes in lower limb joints. Small dimension of the aid and its usability in one minute is its advantage. We recommend working out every day for at least 20 minutes.