



AIREX Balance Pad, blue - L50 x W41 x D6 cm



The AIREX® Balance-pad is a perfect therapy and training device made of the well-known soft AIREX® foam. With its smooth surface, the Balance-pad is perfect for barefoot beginners of balance training. This balance-pad has the desired destabilizing properties due to its thickness of 6 cm. Due to the flexible foam, the body is constantly challenged to maintain its balance and thus stabilize the joints. Exercises on this balance-pad cause a greater use of deep lying muscles than exercises without balance-pad. Exercising on the Balance-pad can specifically improve both conditioning and coordination skills, such as strength, endurance and balance.

CHF 62.90

A secure footing is the starting point for physiotherapeutic and sports therapy efforts to regain an undisturbed walking or foot function.

The **AIREX Balance Pad** covers a wide range of applications as a therapy and training device. Due to its destabilizing properties, it is used for the retraining of motor skills in

- rehabilitation
- prevention
- and in recreational and competitive sports

It enables the combined training of conventional and coordinative talents such as strength, endurance, differentiation and balance skills. Keywords such as proprioceptor training and kinesthetics are taken into account. Due to its specific characteristics, the **AIREX Balance Pad** is particularly suitable in the field of prevention and rehabilitation for

- Balance training
- coordination and reaction training
- walking school
- stance stability training



- functional training of the musculature of the lower extremities
- motor exercises to maintain balance in case of e.g. age-related changes of musculature and skeletal apparatus.

The **AIREX Balance Pad** is manufactured in two different formats. Several surfaces can also be placed on top of each other to enhance the buffing effect. The closed-cell, super-soft special foam does not absorb moisture or dirt, is hard-wearing and hygienic.

The **AIREX Balance Pad** can be used multifunctionally and is also excellent as a swimming cushion and swimming island.

Dimensions: L50 x W41 x H6cm

Medical purpose:

AIREX® products are designed as a movement therapy aid for both institutional and home use. Item placed on the floor is used as a support for a person during medically indicated and prescribed exercises to improve motor skills and balance or postural control and/or for movement therapy treatment of muscle weakness in the limbs and trunk as a result of a neurological or orthopedic condition.

Note: Please check the surface for slip resistance before using Airex Balance products. We recommend using an Airex mat as a base for comfort and safety.