



Exercise Products

WOBBLE BALL

30-1941

The CanDo® Wobble Ball can be used for vestibular stimulation, core training, and general balance exercises. You can adjust the level of difficulty by adding or removing air from the Wobble Ball. Use the dome curved-side down as a seat, rocker board, or to kneel on for vestibular activities. With the flat side down, use the Wobble Ball for balance, core and strengthening exercises.

Exercise and therapy programs should be determined by a doctor, therapist, coach or trainer.



Caution: Wobble Ball is not puncture-proof and may cause serious bodily injury. Keep away from sharp objects or heat sources. For use under professional supervision only.

Inflation: For best results, inflate with a high volume manual or powered pump. Inflate until just firm; allow Wobble Ball to rest overnight, then inflate to desired size. Like all inflated items, ball will lose air over time and require re-inflation.



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