



sensaBolster™

CARE AND MAINTENANCE GUIDE

sensaBolster™ is a versatile tool for rehabilitation, exercise training, stretching and children. Ideal for physios, doctors, trainers, coaches, yoga, pilates practitioners and the home exerciser.

Your sensaBolster™ comes deflated. All you need to do is remove the plug using the plastic ring-pull attached, then allow the air to fill into the bolster. No additional air is needed to be forced into the sensaBolster™.

The design of the plug with the plastic ring-pull attached allows quick and easy adjustments of air into and out of the sensaBolster™ while using it. Do not throw the plastic ring-pull away.

Your sensaBolster™ is made from Duralon™, which is a form of PVC. It is 25cm long with a band of sensory nodes at each end that help increase proprioceptive feedback, improve circulation and relieve tight muscles. It is burst resistant to 350kg.

sensaBolster™ is ideal for

- rehabilitation
- functional exercise
- stretching
- massage roller
- children
- use in place of the airRoller™ and physio roller
- swimming and pool training
- a back support while sitting

Small, lightweight, portable and buoyant, the sensaBolster™ can be taken and used almost anywhere.

DISCLAIMER:

The sensaBolster™ will challenge your balance skills. Check with your health professional to ensure that you can use it safely.



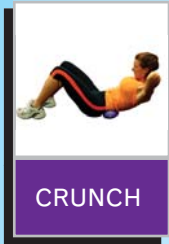
sensaBolster™



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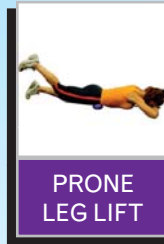
sensaBolster™ EXERCISES

EXERCISE



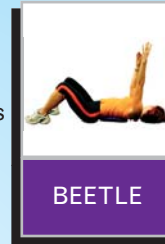
CRUNCH

Lie on back, feet on the floor. Bolster across ways under back. Bend knees. Place hands on side of head. Curl upper body towards thighs.



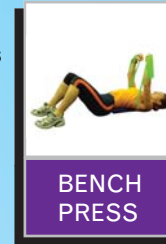
PRONE LEG LIFT

Lie face down with Bolster under hips. Brace abdominals. Slowly lift one leg as high as possible. Keep pelvis and other leg on floor. Return to start.



BEEBLE

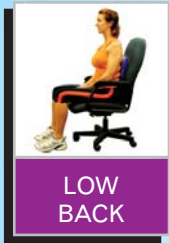
Bolster length ways along spine and arms straight. Reach up, relax back with each arm. Let head roll away. Reach and roll



BENCH PRESS

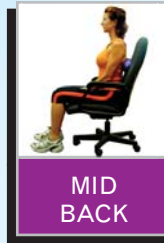
Place Bolster length ways under your upper back. Place a dynaband across your back, directly under your chest. Keep elbows close to your body and push the bands up.

SITTING



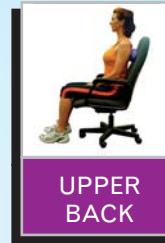
LOW BACK

Place Bolster either along or across the lower back. Sit straight. Initially for 5-10 mins. Gradually increase the time.



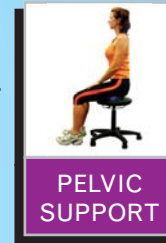
MID BACK

Place the Bolster either across or along the mid back. Sit straight. Initially for 5-10 mins. Gradually increase the time.



UPPER BACK

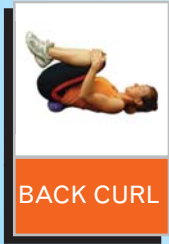
Place the Bolster either across or along the upper back. Sit straight. Initially for 5-10 mins. Gradually increase the time.



PELVIC SUPPORT

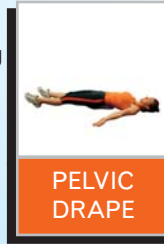
Place the Bolster under the buttocks. Focus on finding the correct tilt in your pelvis so your spine remains in ideal alignment. Initially 5-10 mins. Gradually increase the time.

STRETCHING/ MASSAGE



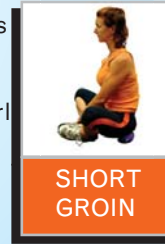
BACK CURL

Bolster across ways under buttocks. Bring both knees to chest. Clasp knees and hug closer. Hold or rock.



PELVIC DRAPE

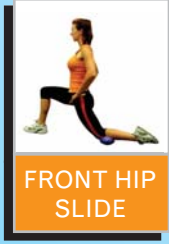
Place Bolster across ways or length ways under buttocks. Roll off onto side and curl knees to chest afterwards. Relax.



SHORT GROIN

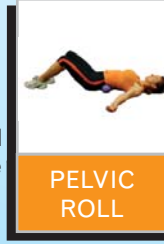
Clasp foot with opposite hand. Draw knees backward and hold.

STRETCHING/ MASSAGE



FRONT HIP SLIDE

Place Bolster under ankle. Slide leg backward until Bolster is under your knee. Sag hip toward floor. Keep front knee open and hold.



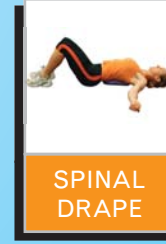
PELVIC ROLL

Bolster across ways under low back. Gently push with feet to roll to top of Bolster. Relax to roll back down. Roll up and down rhythmically.



NECK RELEASE

Place Bolster under your head. Roll head to side and relax the neck. Roll.



SPINAL DRAPE

Place the Bolster length ways under your spine. Relax.

The sensaBolster™ can be inflated or deflated to suit the needs of the user. The more inflated, the more intense the stretch or more difficult and effective the exercise.

IMPORTANT: IF YOU LOSE FORM, STOP THE EXERCISE. PRACTICE QUALITY NOT QUANTITY

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