



**TONE**

**BOARDS**

*tools for proprioceptive training*

# CART AND T-BOARD



**T-board** is primarily intended for stabilization training of lower extremities and pelvis girdle. Unsteadiness in rotation is usually caused in sagittal plane. By moving the knee, hips and trunk position, different muscle groups of legs and of lower part of the trunk are loaded even more.

**The cart** is intended for creating translational disturbances of balance. It is usually used in pairs, where a person who exercises tries to maintain balance and their partner, at the same time by pulling, causes short unexpected cart movements. The cart can be used independently or in combination with other Tone-Boards requisites. These offer infinite possibilities for increasing the difficulty of exercise.

The base of balance boards is made of plywood, which ensures appropriate firmness and gives the product special aesthetic value. We chose beechen wood for surfaces, which touch the ground during the training. The other part is composed of pine wood glued together in segments. This structure gives the product increased durability. Standing surface is covered with not-slippery rubber which is easy to clean. The board edges are rounded off whereas all wooden surfaces are lacquered with quality two-component lacquer.



*CART*  
600 mm  
weight 5,9 kg



*T-BOARD*  
600 mm x 350 mm  
height 115 mm; weight 4,3 kg

Use surface protection rubber to avoid any surface damage or slipping.

*TONE*

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