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CanDo 10-1101

CanDo Rocker Board 15x18 Inch (Model 10-1101) Instruction Manual

Brand: CanDo | Model: 10-1101

INTRODUCTION

This manual provides instructions for the safe and effective use of the CanDo Rocker Board, Model 10-1101. This device is designed to assist in strengthening and conditioning the lower body, improving ankle range-of-motion, balance, body awareness, and developing joint mobility and reaction skills.

The CanDo Rocker Board is a durable, heavy-duty, and non-skid balance training tool. It is constructed from strong, lightweight plastic for portability and features an adjustable design to modify instability levels.

SAFETY INFORMATION

Important: Before beginning any exercise program, especially one involving balance equipment, consult with a healthcare professional or physical therapist. Improper use can lead to injury.

- Always use the rocker board on a stable, non-slip surface.
- Ensure adequate clear space around the board to prevent falls or collisions.
- Start with supervised use, especially if you are new to balance training or recovering from an injury.
- Wear appropriate footwear or use barefoot if comfortable and secure. The board's surface is textured for grip.
- Discontinue use immediately if you experience pain, dizziness, or discomfort.

PRODUCT COMPONENTS

The CanDo Rocker Board consists of the main board and two instability balls. The board measures 15 x 18 inches with a height of 2.5 inches, designed for intermediate users.



Image 1: Side view of the CanDo Rocker Board, illustrating its rectangular shape and the two green instability balls providing the rocking motion.

The instability balls are designed to be replaceable, allowing for adjustment of the difficulty level. Additional MVP instability balls can be purchased separately to change the board's instability or convert it between rocker and wobble board configurations.

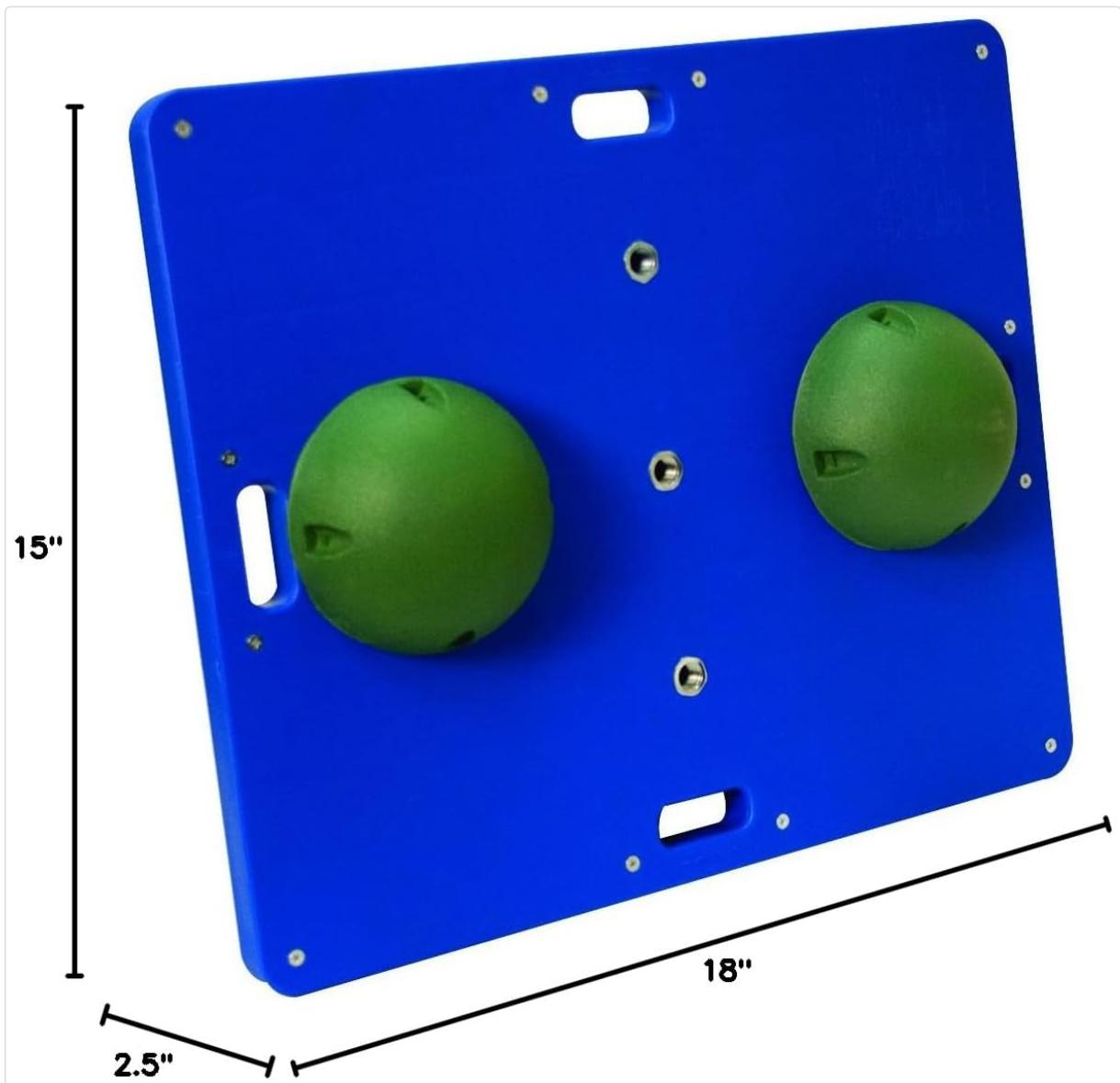


Image 2: Bottom view of the CanDo Rocker Board, highlighting its dimensions (15" x 18" x 2.5") and the placement of the two green instability balls.

SETUP

- 1. Unpack:** Carefully remove the CanDo Rocker Board from its packaging.

2. **Inspect:** Before each use, inspect the board and instability balls for any signs of damage, cracks, or wear. Do not use if damaged.
3. **Placement:** Place the rocker board on a flat, non-slip surface such as a rubber mat or carpet. Avoid smooth, hard floors unless a non-slip mat is used underneath.
4. **Adjustment (Optional):** The instability balls are pre-installed for intermediate use. If you have purchased additional MVP instability balls, refer to their specific instructions for replacement to adjust the difficulty or change the board type (rocker to wobble or vice versa). The board features insets for this purpose.

OPERATING INSTRUCTIONS

The CanDo Rocker Board is designed for balance and strengthening exercises. Always maintain control and perform movements slowly and deliberately.

1. **Initial Positioning:** Stand with one foot on each side of the board's center, or both feet together in the center, depending on the exercise. Ensure your weight is evenly distributed.
2. **Maintain Balance:** Begin by gently shifting your weight to rock the board from side to side or front to back. Focus on engaging your core muscles and maintaining an upright posture.
3. **Controlled Movement:** Avoid sudden or jerky movements. The goal is controlled instability to challenge your balance and strengthen supporting muscles.
4. **Progression:** As your balance improves, you can increase the duration of your sessions or incorporate more dynamic movements as advised by a professional.
5. **Support:** If needed, initially use a wall, chair, or another person for support until you gain confidence and stability.

For specific exercises and rehabilitation protocols, consult with a qualified physical therapist or fitness professional.

MAINTENANCE

- **Cleaning:** Wipe the board clean with a damp cloth and mild soap as needed. Avoid abrasive cleaners or solvents that could damage the plastic.
- **Drying:** Ensure the board is completely dry before storage or next use.
- **Storage:** Store the rocker board in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly check the board and instability balls for any signs of wear, damage, or loose components. Replace any damaged parts immediately.

TROUBLESHOOTING

Board feels too unstable:

Ensure you are using the correct instability balls for your skill level. The intermediate 2.5-inch height balls provide a significant challenge. Consider starting with a lower height or different ball configuration if available, or use external support.

Board is slipping on the floor:

Ensure the board is placed on a non-slip surface. Use a rubber mat or exercise mat underneath the board to increase friction.

Unusual noises or movement:

Stop use immediately and inspect the board and instability balls for any damage or loose connections.

Do not use if components are compromised.

SPECIFICATIONS

Feature	Detail
Model Number	10-1101
Dimensions (L x W x H)	18 inches x 15 inches x 2.5 inches
Item Weight	4.5 Pounds
Material	Plastic (Contains Latex)
Manufacturer	CanDo
Type	Rocker Board, Intermediate Height

SUPPORT

For product inquiries or technical assistance, please contact CanDo customer support.

Manufacturer Contact: 1-800-431-2830

Online Resources: Visit the official CanDo website for additional product information and resources.