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SIDEKICK SK-AXISBOARD-1

SIDEKICK AxisBoard Instruction Manual

Model: SK-AXISBOARD-1 | Brand: SIDEKICK

Single Leg Balance Board for Foot & Ankle Strengthening and Rehabilitation

1. PRODUCT OVERVIEW

The SIDEKICK AxisBoard is a specialized single-leg balance board designed to enhance foot and ankle strength and stability. Its low-profile design targets intrinsic foot muscles and key stabilizers around the ankle, preventing overcompensation from the hips and knees. It is an effective tool for addressing foot ailments and enhancing mobility, accelerating rehabilitation with just minutes of daily use.

This board is particularly beneficial for injury rehabilitation and prevention, aiding in recovery from conditions such as plantar fasciitis, ankle sprains, peroneal tendinitis, anterior tibialis, posterior tibialis, and Achilles tendinopathy.



Image: The AxisBoard in use, demonstrating its compact design and the accompanying instruction manual.

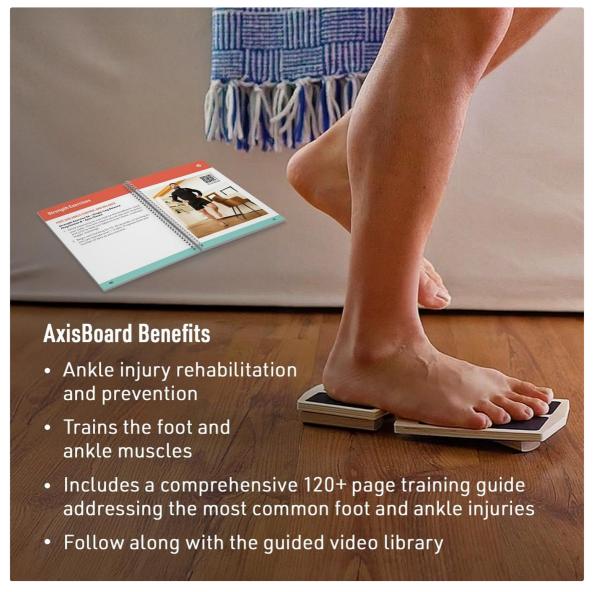


Image: Visual representation of the AxisBoard's benefits, including ankle injury rehabilitation and prevention, and comprehensive training guide.

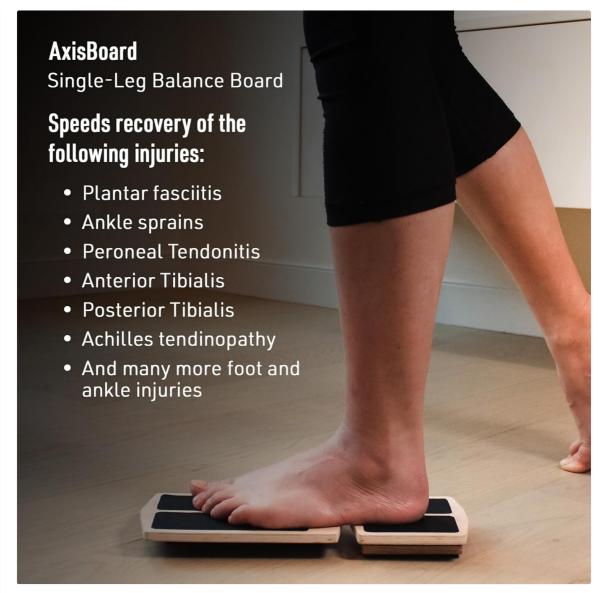


Image: A detailed list of common foot and ankle injuries that can be addressed with the AxisBoard.

2. SETUP AND CONFIGURATION

The AxisBoard consists of two main components and several interchangeable support bars. The foot is divided into three sections: forefoot, midfoot, and rearfoot. The AxisBoard is designed to specifically target and strengthen these areas, improving stability and assisting in injury recovery.

The board features durable plywood construction and rubber non-slip pads to ensure safety and stability during use. It supports up to 300 lbs.



Image: Detailed view of the AxisBoard's construction, emphasizing the non-slip pads and durable plywood.

Configuring the AxisBoard:

The AxisBoard offers over 80 configurations and progressions to continually evolve and improve your training. These configurations are achieved by attaching the support bars to different sections of the board using the integrated hook-and-loop fasteners.

- 1. **Step 1:** Choose a configuration that feels appropriate for your current skill level or injury. If you are unsure, begin with Configuration 1 as detailed in the included 120-page training guide.
- 2. **Step 2:** Attach the support bars to the designated areas on the underside of the AxisBoard components. Ensure they are securely fastened to prevent movement during use.
- 3. **Step 3:** Test various configurations to identify the most challenging ones for your specific needs. Focus your time on configurations that target weaker areas of your foot and ankle.



Image: A visual guide to customizing your recovery plan, following exercises, and utilizing video demonstrations.

3. OPERATING INSTRUCTIONS

The AxisBoard is designed for efficient daily use, requiring only 3 minutes a day to treat and prevent injuries while building strong, resilient muscles and stabilizers. The included 120-page step-by-step guide, created by a physical therapist, provides clear guidance on which exercises to use for each injury and how to target specific strength and mobility work.

Exercise Levels and Progression:

The training guide outlines 10 levels of difficulty. For levels 1 and 2, simply go through the range of motion allowed by the board. There is no time requirement for these initial levels; the goal is to become familiar and comfortable with the movement.

From level 3 onwards, your objective is to maintain a balanced position for 20 seconds on both your left and right foot before advancing to the next level. The single-leg design forces neglected muscles to work, addressing the root cause of pain more effectively than two-footed boards.

• **Beginner (Levels 1-2):** Focus on gentle movements and familiarization with the board's balance dynamics.

- Intermediate (Levels 3-6): Work on maintaining balance for specified durations, gradually increasing stability.
- Advanced (Levels 7-10): Incorporate more complex movements and challenges, such as single-legged balance with body positioning or pistol squats, as detailed in the guide.

The AxisBoard is portable and convenient, making it easy to integrate into your daily routine at home, the office, or the gym.

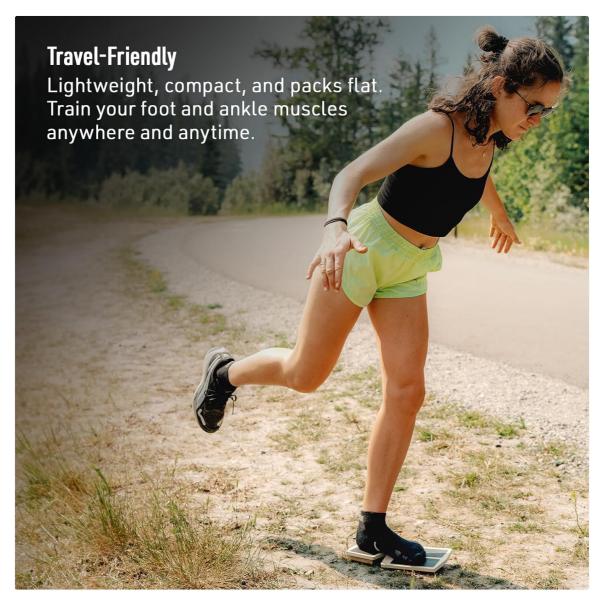


Image: The AxisBoard's portability, allowing for training anywhere and anytime.

4. MAINTENANCE

To ensure the longevity and optimal performance of your SIDEKICK AxisBoard, follow these simple maintenance guidelines:

- Cleaning: Wipe the wooden surfaces with a dry or slightly damp cloth. Avoid using harsh chemicals or abrasive cleaners, as these can damage the wood finish and non-slip pads.
- **Storage:** Store the AxisBoard in a dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage in small spaces.
- Inspection: Periodically check the non-slip pads and the wooden components for any signs of

wear or damage. Ensure the hook-and-loop fasteners on the support bars are clean and securely attach to the board.

• Avoid Excessive Moisture: Do not submerge the board in water or expose it to prolonged periods of high humidity, as this can cause the wood to warp or crack.

5. TROUBLESHOOTING

If you encounter any issues with your SIDEKICK AxisBoard, consider the following common solutions:

Problem	Possible Cause	Solution
Board feels unstable or slips.	Non-slip pads are dirty or worn; board not on a flat, dry surface.	Clean non-slip pads. Ensure use on a flat, dry, non-slippery surface. Replace board if pads are excessively worn.
Difficulty maintaining balance.	Incorrect configuration for skill level; insufficient practice.	Refer to the training guide and start with a lower difficulty configuration. Practice consistently to improve balance.
Support bars do not attach securely.	Hook-and-loop fasteners are dirty or worn.	Clean the hook-and-loop fasteners on both the board and the bars. Ensure they are free of debris.

For further assistance, please contact SIDEKICK customer support.

6. SPECIFICATIONS

• Brand: SIDEKICK

• Model: SK-AXISBOARD-1

Color: NaturalMaterial: Wood

• Maximum Weight Recommendation: 300 Pounds

• Age Range (Description): Adult

• Item Package Dimensions (L x W x H): 9.33 x 6.34 x 1.65 inches

• Package Weight: 0.5 Kilograms

• Manufacturer: Sidekick

• First Available Date: March 26, 2024

7. WARRANTY AND SUPPORT

SIDEKICK stands behind the quality of its products. For information regarding warranty coverage, product support, or to purchase replacement parts, please visit the official SIDEKICK website or contact their customer service team directly.

Website: sidekicktool.com

Phone: 1-877-897-KICK (5425)

Please have your model number (SK-AXISBOARD-1) and purchase date available when contacting

support.

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Related Documents - SK-AXISBOARD-1



Sidekick II Battery Replacement Guide - iFixit

A comprehensive guide from iFixit detailing how to replace the battery in a Sidekick II mobile device. Includes a list of required tools and step-by-step instructions with detailed descriptions of each stage of the disassembly process.



Sidekick FAT Electric Bike User Manual

Comprehensive user manual for the Sidekick FAT electric bike, covering specifications, folding instructions, operation, charging, maintenance, and accessories.

