

# Sport-Thieme® Sport and Therapy Disc

**Thank you for choosing a Sport-Thieme product!**

Please read the instructions fully before use so you can enjoy the product safely and keep this manual for future reference.

We are always happy to answer any queries you may have.



**SPORT-THIEME®**

School Sports · Club Sports · Fitness · Therapy

*Our team is here for you!*

## The therapy disc

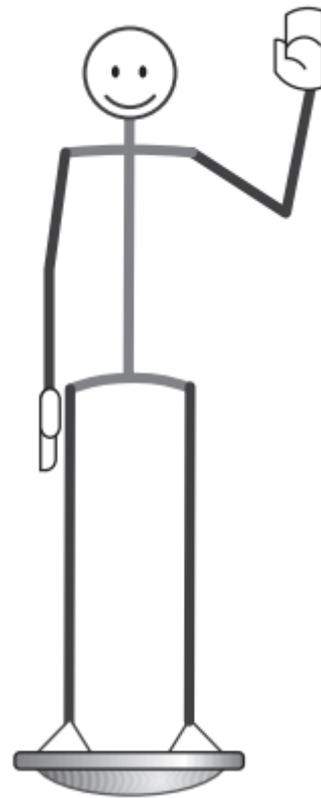
Using the therapy disc to do targeted exercises is effective and can be really enjoyable too. The disc is a universal piece of equipment for improving balance and coordination. The aluminium hemisphere on the underside makes the workouts more challenging compared to using a conventional therapy disc.

During training, you will develop a feel for the disc's centre point and the surface underneath. You will learn to move the heels and balls of your feet, which requires the short foot muscles and the long leg muscles stretching to the pelvis to work hard. The exercises force your feet, knees and pelvis to adopt an anatomically correct posture. As you progress, you will gain confidence and improve your strength and balance.

The same applies for exercises when kneeling, sitting or lying on your stomach. They will predominantly develop and strengthen your core muscles.

Training is most effective if you take on board the following advice:

- Always exercise barefoot.
- When supported, the user should not be held too tightly at shoulder level as it will be more difficult to focus on the disc's centre if their body weight is supported by a third party.
- Beginners can place the therapy disc near a wall – touching the wall with their fingertips will not interfere with balance.
- Try to maintain balance without moving your arms, as this will force your feet, legs and core muscles to do all the work.



## Introduction

**The following exercises are certainly not an exhaustive list. They are designed to show you how movements can be developed. Your strength and balance on the disc will increase with regular practice, which means you can work up to more challenging positions and exercises.**

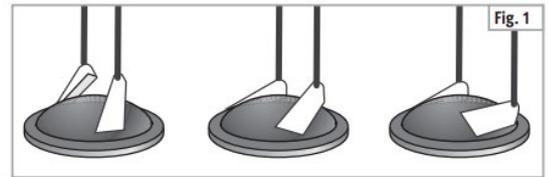
Due to the disc's unique characteristics, even the most intense exercises can be enjoyable, allowing the instructor to train their student's strength and balance without them noticing it.

In contrast to any other balance equipment, the therapy disc has a pointed base, which creates its instability. As a result of practical experience and research with the disc for more than five years, a limited number of exercise guidelines have been produced. These differ significantly to other balance equipment instructions and have proven to be essential to develop the user's stability.

Users will feel at ease as soon as they stand on the disc and are in contact with the floor. They will gain the feeling of their feet 'gripping and controlling' the disc, allowing them to maintain their balance no matter how much the disc tilts.

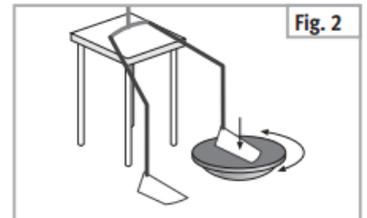
## Warm-up exercises on the disc

1. Balancing on the disc (try each option in figure 1).



**Modification if you cannot place any weight on the foot concerned:**

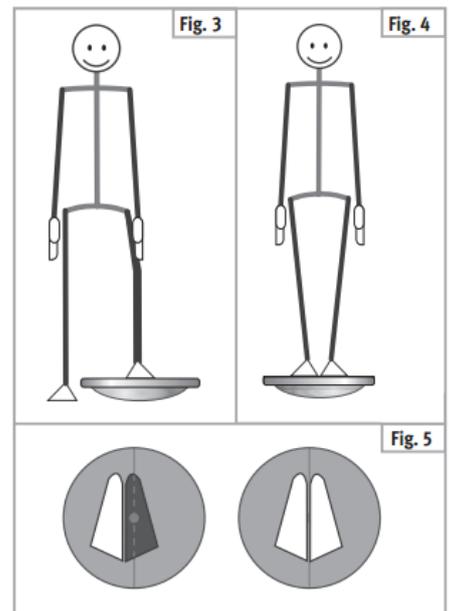
2. While seated (on a stool or chair), place the foot in the middle of the disc and, against low resistance, try to turn the disc inwards with the foot placed flat on the surface (figure 2).



## Basic exercises while standing

Basic position: with the disc's flat side facing up

When stepping onto the disc, place the foot's inner edge over the centre line so the foot arches when you put weight on it (figure 3). The centre line runs from the heel towards the second toe. The disc's centre point is covered by the foot. Without putting weight on it, place the other leg next to the leg you're standing on (figure 4). From this stance, put weight on both legs and change the position of the feet in such a way that the centre point becomes visible between your feet (figure 5). Maintain your balance by using only your feet.

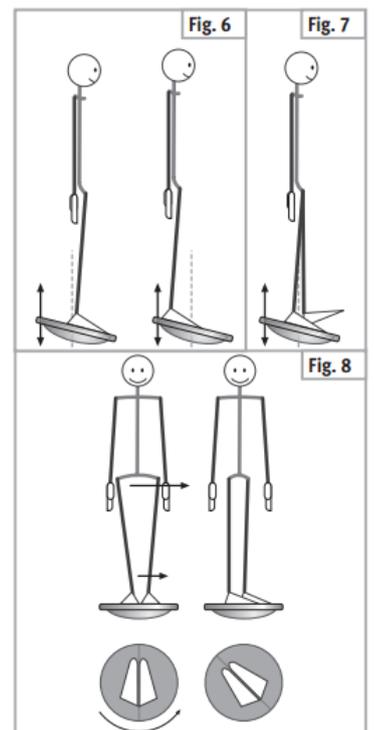


- For children, we recommend starting with exercises from a sitting or kneeling position as this will predominantly work the core muscles.
- For adults, once this exercise starts to feel too easy, jump onto the disc instead of stepping onto it. Focusing on the centre point makes the jump easier.

## Changing position on the disc

**Starting point: basic position**

1. Alternate shifting your weight from the balls of the feet to the heels (figure 6). Do the same using your left and then your right foot (figure 7).
2. Move both feet alternately until one foot reaches a stable position over the centre point.\*
3. Move forwards and backwards, with your feet side by side.
4. Use your feet to turn the disc to the left and the right while facing forward.\*\*
5. Rotate to the left and right, without the disc rotating (figure 8).



\* When done properly, it is impossible not to use the short foot muscles during this exercise. Having said that, children like to 'cheat' by hopping forward or backward. This should be discouraged.

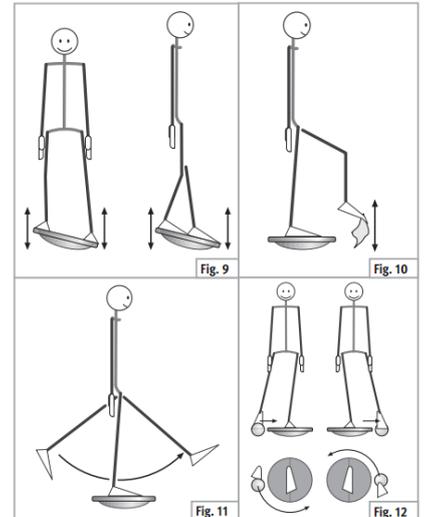
\*\* During this exercise, your feet should be firmly anchored on the disc's standing surface. This stance can be further enhanced by slightly pushing your heels (not ankles) against one another, which will force the knees to point outwards and keep the pelvis upright. This position will immediately make the user feel more secure.

The following exercises work best when the feet are placed in the inner circle.

## Stability on one leg

### Starting point: standing on one leg

1. Swing the free leg forwards and backwards (figure 11).\*
2. Rotate to the left and right – disc and body together.
3. Pick up objects with your toes (figure 10).\*\*
4. Combine exercises 2 and 3.
5. Guide a ball around the disc using your foot, alternating the leg you're standing on and the leg that's free. Keep facing forward (figure 12).



## Shifting exercises

### Starting point: straddle position

1. Alternate shifting your weight.\*\*\*
2. Do the same while adopting a walking stance (figure 9).

\* These exercises provide the basis for group games (scoring a goal using your hands or feet, etc.).

\*\* A sandbag or medicine ball won't roll away, which avoids having to repeatedly step off the disc.

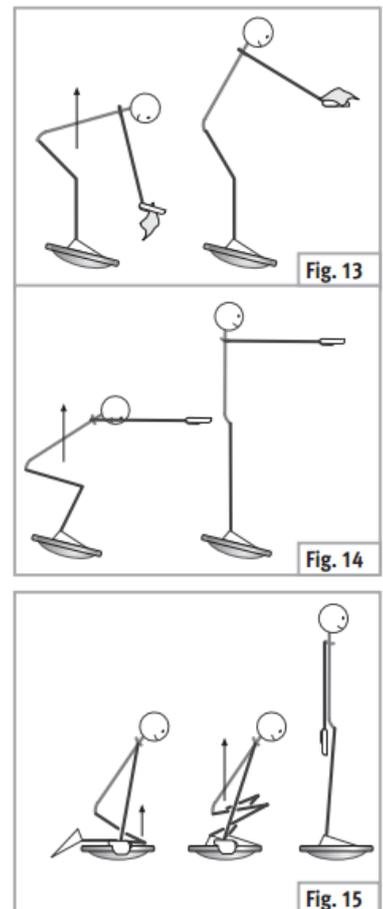
\*\*\* Relevant for skiers: the weight can be shifted to the point where the disc's edge touches the floor.

## Forward bend and squat

### Starting point: basic position

1. Pick up objects from various directions and distances while squatting (figure 13).
2. Squat with your feet either in the forward or backward position (heel or ball on the centre point). Keep your knees and thighs straight, in line with your feet (figure 14).\*
3. Combine exercises 1 and 2.
4. Pick up objects with a rhythmic swing leading up to stretched out horizontal arms.
5. Transition from the basic position into standing.

\* The further forward your knees are when performing a squat (without the knees touching each other), the easier it will be to straighten your pelvis and torso.



## Transitions

1. From standing to kneeling.\*
2. From sitting to kneeling.
3. From sitting on your heels to standing (figure 15).
4. From standing to squatting without touching the floor or disc edge with your hands.
5. From sitting on your heels to kneeling in an upright position. The feet must not touch the disc surface. (Don't tense up.\*\*)

\* Can be done by pushing yourself up with your hands placed on the edge of the disc.

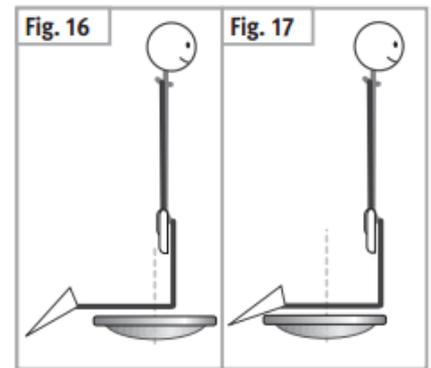
\*\* It's always helpful to ensure your breathing is even and controlled before starting any of these exercises as it will help with your coordination.

## Basic exercises while kneeling

**Basic position:** all exercises in a kneeling or sitting position should be performed using a rubber mat

1. Kneel in an upright position on the disc's centre point (figure 16).
2. Increase difficulty level by moving knees to the disc's front edge (figure 17).\*
3. Pick up objects from shorter and longer distances and from various directions around the disc.
4. Turn to the left and right, body and disc together.

\* Can be done when the shins keep the disc's edge horizontal.

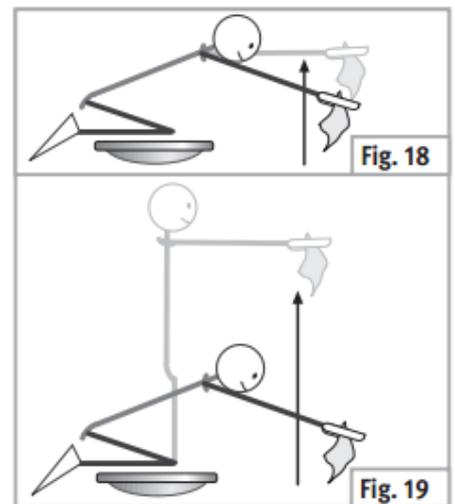


## Various kneeling positions

**Starting point: sit on your heels**

1. Sit on your heels, lower your torso and straighten up again.
2. Throw object (such as a sandbag) to a partner, catch it again quickly.
3. While sitting on your heels, pick up objects with stretched out arms and palms facing upwards (figure 18).
4. As above but keep your arms in a horizontal position until your upper body is completely upright (figure 19).\*
5. Balance on one knee.

\* Excellent exercise for pelvic correction when suffering from a pronounced curve in your back!



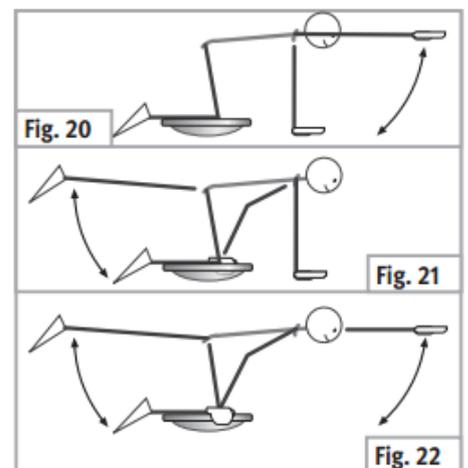
## Exercises while kneeling with hands support

**Starting point: basic position**

1. Position both knees over the disc's centre point. Place hands on the sides for support, with your body weight resting on both knees.
2. Slightly raise and lower both arms.
3. Alternate lifting and stretching out your arms (figure 20).\*
4. Alternate lifting and stretching out your legs (figure 21).\*
5. Alternate lifting and lowering your right arm and left leg, followed by your left arm and right leg (figure 22).\*\*
6. This exercise can be made more challenging by kneeling with the legs at a distance from the centre line.

\* Can only be done if there is no weight on the hands.

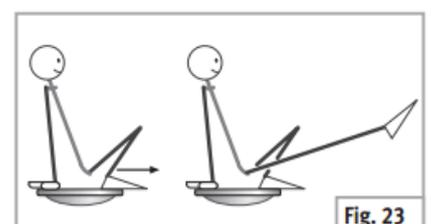
\*\* When the palms face upwards, your shoulders will automatically adopt the correct position.



## Exercises in supported squat position

**Starting point: supported squat**

1. Rest your hands behind your bottom, making sure your shoulders are level with your chest, then lift and lower your pelvis (figure 23).
2. Alternate stretching and resting your left hand and right foot, followed by your right hand and left foot.

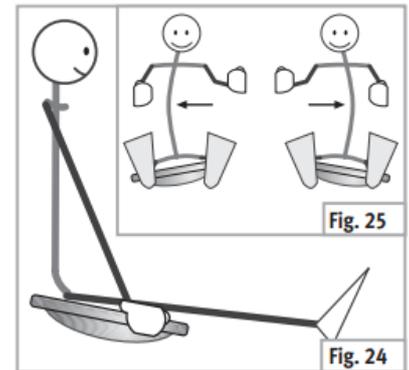


## Basic exercises while sitting

**Basic position: sit on the disc's centre point (stretched sitting position) and keep your heels on the floor (figure 24)**

1. Stretch your upper body and lower back.\*
2. Shift weight to both sides by tilting the pelvis sideways while keeping your back stretched (figure 25).

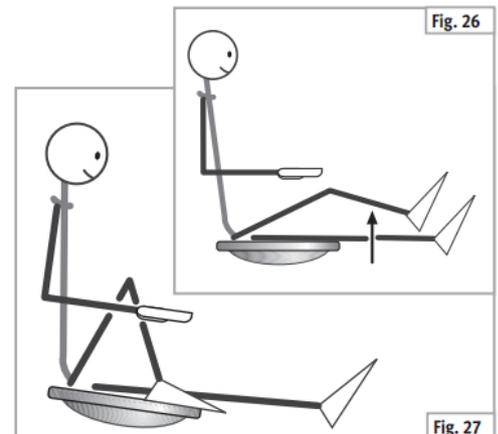
\* Be careful with children who suffer from kyphosis! The exercises detailed below in a free stretched sitting position are more appropriate.



## Exercises in a free stretched sitting position

**Starting point: stretched sitting position**

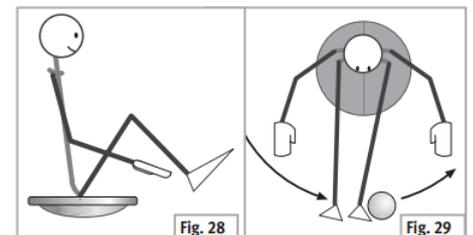
1. The free stretched sitting position is reached by shifting your body weight backwards.
2. Try to balance the disc by applying strength using your thigh.
3. Lift and lower your legs on the horizontally level disc (figure 26).
4. Spread and then cross your legs.
5. Alternate bending and stretching your legs (figure 27).



## Exercises while sitting and bending your knees

**Starting point: balancing sitting position**

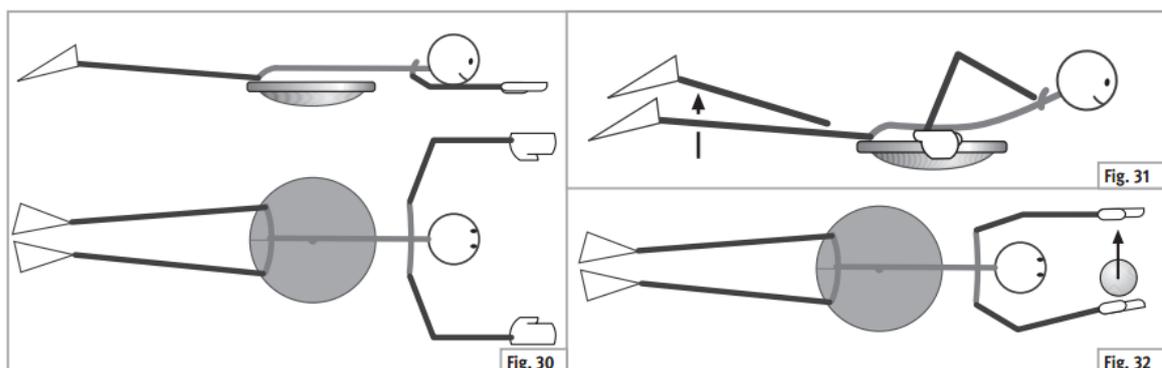
1. Bend and stretch your knees without resting on your heels (figure 28).
2. Pick up, throw or push away exercise equipment (sandbag, ball, etc.).
3. Push a ball to the sides using your feet (figure 29).



## Exercises while lying on your stomach

**Starting point: laying flat on your front**

1. Lift your arms and legs to extend the length of your body (figure 30).
2. Alternate lifting and lowering your legs using your hands as supports on the sides (body stretch) (figure 31).
3. Roll a ball back and forth with stretched out arms (figure 32).



**More exercise examples:**

