

Sport-Thieme® Sport disc

Thank you very much for choosing a Sport-Thieme product!

Please read the instructions fully before you use the product so you can enjoy the product and safety is guaranteed.

We are happy to respond to your questions and requests.



SPORT-THIEME®
School Sports · Club Sports · Fitness · Therapy

The sport disc

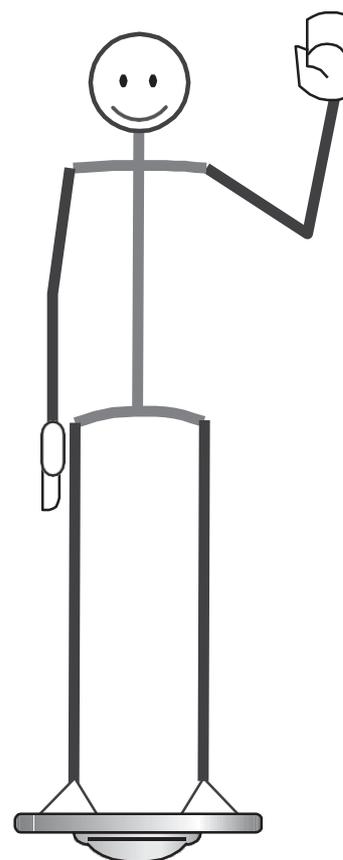
Targeted exercises help you to train in a fun way. The sport disc is a universal piece of equipment for balance exercises and the coordination of movements. The aluminium semi-sphere on the underside raises the difficulty level compared to standard therapy discs.

During training, you develop a feel for the centre point of the apparatus and the floor underneath. You move the heel and ball of the foot against each other. This requires intensive work of the short foot muscles and of all the long leg muscles up to the pelvis. This way, foot, knee and pelvis position are guided in an anatomically correct way. At the same time, you develop more confidence in mastering the therapy disc.

The same can be said for exercises when kneeling, sitting or lying on one's belly. This directly stimulates the core muscles.

Training is most efficient if you observe the following advice:

- Exercise barefoot
- When support is given, the user should be held loosely at the shoulder as any external support of the body weight makes it more difficult for the user to focus on the apparatus' centre.
- Beginners may place the therapy disc close to a wall, as touching the wall with fingertips does not disturb the balance.
- Try to keep the balance without moving your arms. Only feet and leg work and the core muscles are supposed to provide the balance.



Introduction

The following exercises by no means show all of the sensible and appropriate ways of using the apparatus. Instead, they are intended to stimulate the development of movement exercises in the context of movement therapy. If thoroughly practised, they make using the apparatus both enjoyable and fun for the user, which is essential for free creative work.

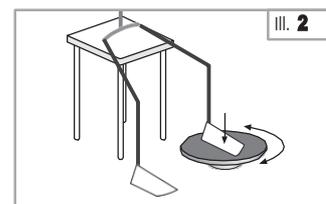
Due to the apparatus' unique characteristics, even stringent targeted exercises are fun. The instructor can aim for and achieve the balance of tension in the muscles without the user really noticing it.

In contrast to all other pieces of balance apparatus, the therapy disc has a pointed base that creates its unstable balance. Based on practical experience with the apparatus for more than five years, a limited number of exercise rules have been developed. These are significantly different to those for other pieces of balance apparatus and have proven essential for the level of stability required.

Users will feel at ease on the disc as soon as they have achieved contact with the floor through the standing surface and the apparatus' centre. They feel that the feet can 'grip' the apparatus and keep it in balance no matter by how much the disc is tilting.

Exercise without using the short foot muscles:

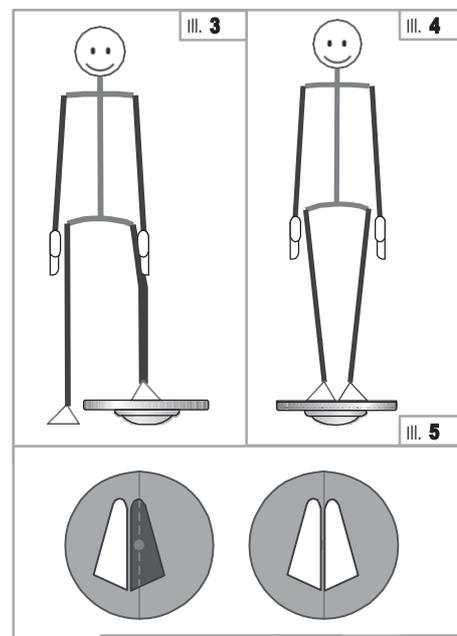
Whilst seated (stool, chair etc.) place foot in the middle of the disc and against a low level of resistance, try to turn the disc inwards with the foot flat on the surface (III. 2).



Basic exercises in standing position

Basic position: (apparatus' flat side up). When climbing onto the disc, move the foot's inner edge over the centre line so that it arches by itself when weight is applied (III. 3). The line runs from below the heel towards the second toe. The disc's centre is covered by the foot. Place the free non-weight-bearing leg next to the standing leg (III. 4). From this position, put weight on both legs and change the position of the feet in such a way that the centre point becomes visible between the two parallel feet (III. 5). Hold your balance using the feet only.

- You can start with exercises in a sitting or kneeling position as the immediate effect on the core muscles is much stronger here.
- When mastery is achieved, stepping onto the apparatus can be replaced by a standing jump. Focussing on the centre point makes the jump easier.

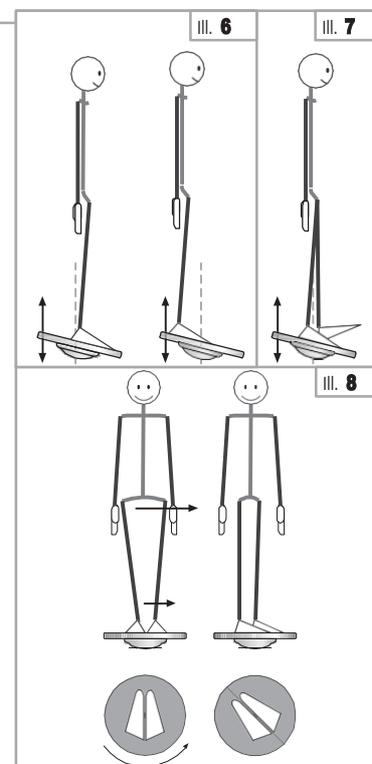


Changing position on the disc

Starting position: basic position

1. Alternate shifting of weight from the balls of the feet to the heels (III. 6). Do the same alternation between left and right (III. 7).
2. Move both feet alternately up to the secure position of one foot over the centre point*).
3. Move feet next to each other forwards and backwards.
4. Using the feet, turn the disc to the left and the right, front stays the same**).
5. Turn the body on the disc. The disc itself should not turn (III. 8).

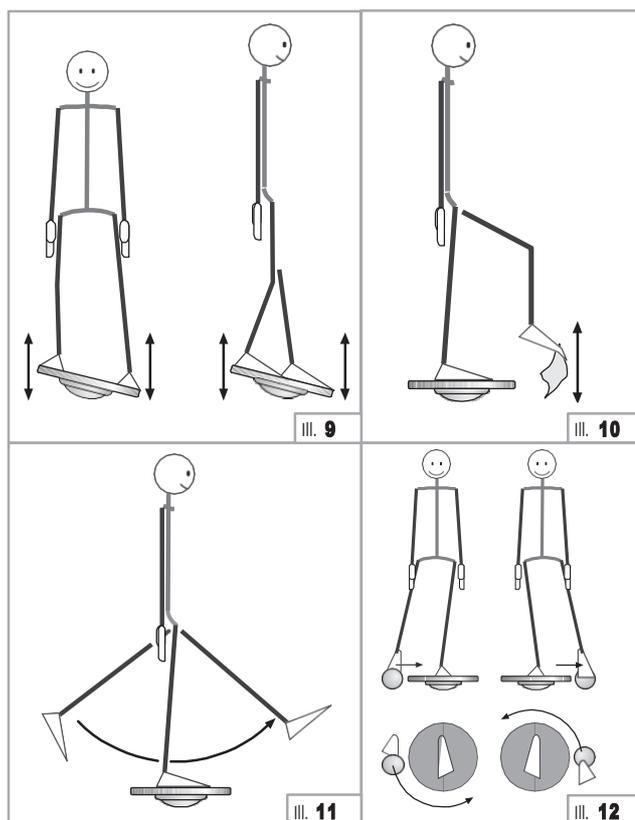
- *) With this exercise, it is impossible not to use the short foot muscles; children often 'cheat' by jumping during the forward and backward movement of the feet which should be avoided.
- **) The screw-like connection of the feet and standing surface is enhanced when the heels (not the ankles) push slightly towards each other despite the parallel positioning with gap. Thus, the knees remain rolled out, bow legs are avoided and the pelvis stays straight. The user feels immediately feels secure in this position. The following exercises work best when the feet remain in the inner circle.



Stability on one leg

Starting position: standing on one leg

1. Swing the free leg forwards and backwards (Ill. 11*).
2. Turn on the vertical axis – apparatus and body together.
3. Pick up objects using the toes (Ill. 10**).
4. Exercises 2 and 3 combined.
5. Guide a ball around the apparatus, switching between standing and free leg. Front stays the same (Ill. 12).



Shifting exercises:

Starting position: straddle position

1. Alternate shifting of weight***).
2. The same from a walking stance (Ill. 9).

- *) These exercises provide participants with a feeling of security for subsequent group games (kicking at goal with hand or foot etc.).
- **) The sand bag and the medicine ball offer the advantage of staying in place or rolling away slowly; avoids having to repeatedly step off the apparatus.
- ***) Important for skiers: the weight can be shifted to the point where the apparatus' edge touches the floor.

Forward bend and squat

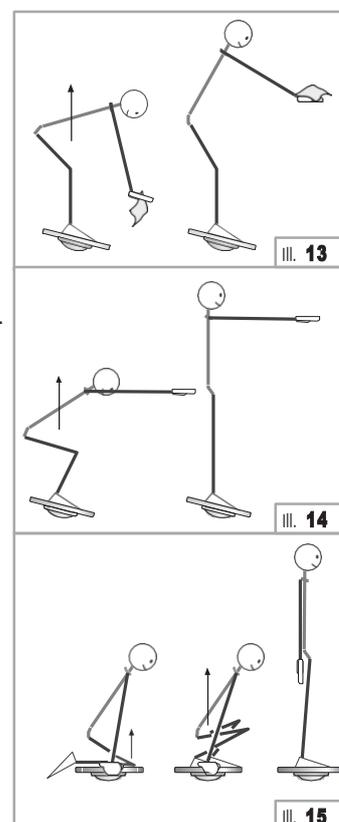
Starting position: basic position

1. Pick up objects from various directions and distances whilst squatting (Ill. 13).
2. Squat with feet either in the forward or backward position (heel or ball on the centre point). Avoid knock knees and bow legs (Ill. 14*).
3. Exercises 1 and 2 combined
4. Pick up objects (sand bag) with a rhythmic swing leading up to stretched out horizontal arms.
5. From basic position into standing scale

- *) The further the knees are pushed forward during the squat without touching each other, the better the straightening of the pelvis and core.

Transitions

1. From standing to kneeling*).
2. From sitting to kneeling.
3. From sitting to standing (Ill. 15).
4. From standing to squatting without touching the floor or apparatus edge with the hands.
5. From sitting through squat to kneeling. The feet must not touch the disc surface. (Do not tense up**)



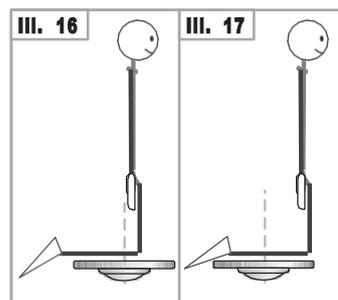
- *) Can be done by a powerful push-up with hands placed on the edge of the disc.

- **) Increased breathing before an exercise as well as holding breath during an exercise will lead to uncoordinated moves.

Basic exercise in kneeling position

Basic position: all exercises in kneeling or sitting position are carried out using the rubber underlay

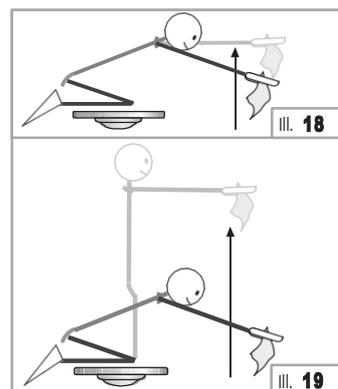
1. Kneel in upright position on the disc's centre point (III. 16).
2. Increase difficulty level by moving knees to the disc's front edge (III. 17*).
3. Pick up objects from shorter and longer distances and various directions around the apparatus.
4. Turn on the vertical body axis; the body and apparatus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



Alternate kneeling and diamond position

Starting position: kneeling position

1. Take up the diamond position, bend the core and straighten again.
2. Throw object (sand bag) to partner, pick up quickly.
3. Whilst in diamond position pick up objects with stretched out arms and palms facing upwards (III. 18).
4. The same exercise: Arms remain horizontal until the upper body is completely straightened (III. 19**).
5. Balance on one knee in kneeling position.



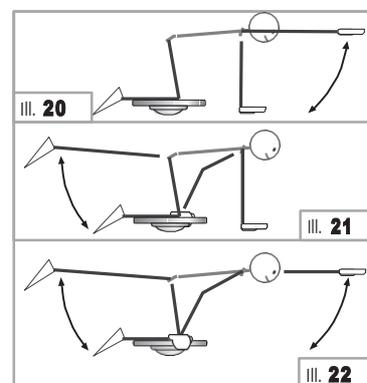
*) Exercise done when the shins are kept horizontal to the disc's edge.

***) Excellent exercise for pelvis correction when suffering from hollow back!

Exercises in kneeling position with hand support

Starting position: basic position

1. Place both knees over the disc's centre point. Place hands on the sides for support, bodyweight rests on both knees.
2. Lift and lower both arms slightly.
3. Alternately lift and stretch arms (III. 20*).
4. Alternately lift and stretch legs (III. 21*).
5. Alternately lift and lower right arm and left leg / left arm and right leg (III. 22**).
6. Exercise intensification: kneeling position, legs at a distance from the centre line.



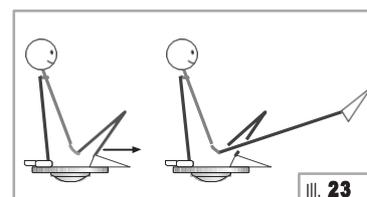
*) Can only be done when there is no weight on the hands.

***) When the palms face upwards, the shoulder position corrects itself automatically.

Exercises in supported squat position

Starting position: supported squat

1. Rest hands behind the bottom, make sure shoulders are level with the chest, lift and lower pelvis (III. 23).
2. Alternately stretch and rest left hand and right foot / right hand and left foot.

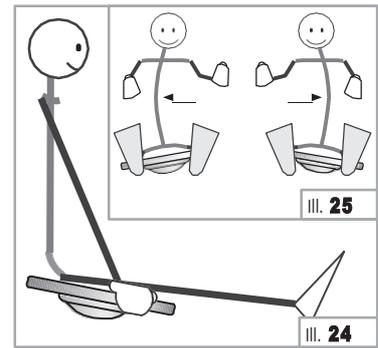


Basic exercises in sitting position

Basic position: sit on the disc's centre point (stretch seat), heels remain on the floor (III. 24)

1. Stretch upper body and lower back.*)
2. Shift weight to both sides with sideways pelvis tilt without losing the spine stretch (III. 25).

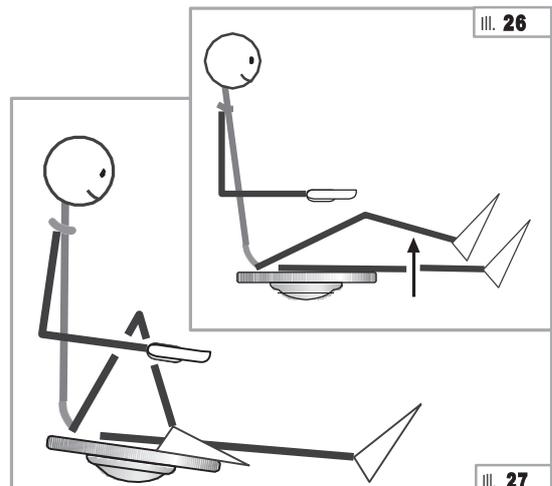
*) Careful with people suffering from kyphosis! Exercises in free stretched sitting position are recommended.



Exercises in free stretched sitting position

Starting position: stretched sitting position

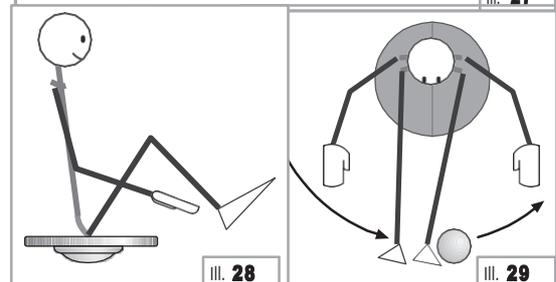
1. Reach free stretched sitting position by shifting the body weight backwards.
2. Try to balance the disc by applying strong upper leg pressure.
3. Lift and lower legs on the horizontally balanced disc (III. 26).
4. Spread and cross legs.
5. Alternately bend and stretch legs (III. 27).



Exercises in free sitting position with pulled

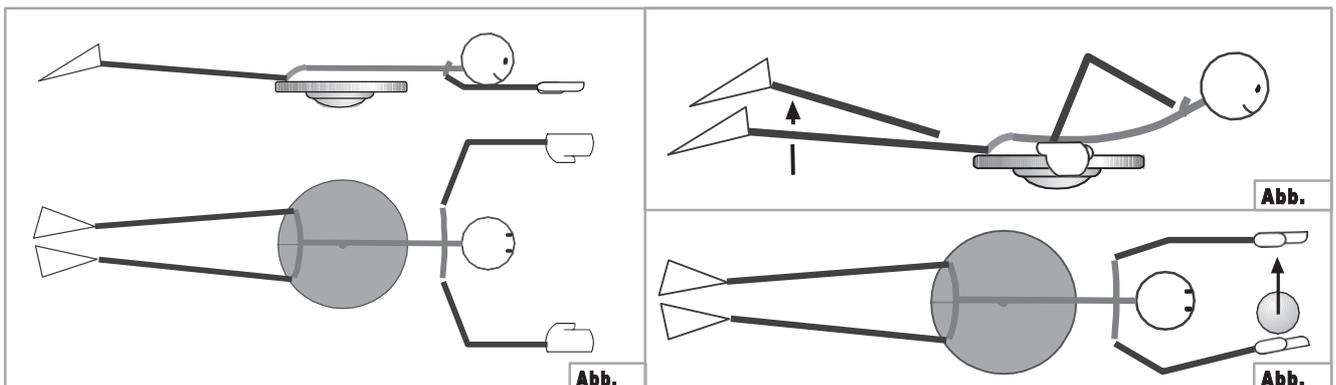
Starting position: floating sitting position

1. Bend and stretch knees without resting the heels (III. 28).
2. Pick up, throw or push pieces of exercise aids away (sand bag, ball).
3. Push ball to the sides with the feet (III. 29).



Starting position: prone position

1. Lift arms and legs in the extension of the body axis freely from the floor (III. 31).
2. Roll ball forth and back with stretched out arms (III. 32).
3. Using hands as supports on the sides: Alternately lift and lower legs (body stretch!) (III. 33).



More exercises on the disc (examples):

