

StabilityPads™

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Introduction

Take a walk on the wild side with Sportime's innovative StabilityPads! These wonderfully colorful, wacky disks can be used in numerous ways, from a fun wobble walk to the hard work of exercises that build core strength. A child's ability to control their body depends on the strength and stability of their "body core." The core is made up of the mid-body and pelvic girdle muscle groups. Training for core stability involves working the muscles while on uneven or unstable surfaces. The key to the effectiveness of the StabilityPads lies in their unique fluted sidewall, which allows the pad to remain stable at all degrees of inflation. So go ahead . . . stand on them, sit on them, lie on them, and kneel on them for a great workout in balance, strength and fun! Here are a few ideas to help you get started:

Games & Activities

- Use StabilityPads with various levels of inflation to work on standing balance and core stability. As the child stands on the pad, he/she will have to use the muscles of the legs, trunk and abdomen to hold his/her balance. For younger children, or those with weaker balance, use the StabilityPad with no (or very slight) inflation. For older children, or those needing a more dynamic workout, inflate the StabilityPad until it has a more rounded shape. The students can time their balance skills on the pad by counting, following a clock, or using a stopwatch. For fun competition, award a prize to the child who can maintain his/her balance the longest! Try for intervals of 10 seconds, then 20, and up to a minute at a time.
- Work on sitting balance. Modify the above activity by having students sit and balance on a more inflated pad.
- Have the students balance in a tall kneel, or squatting position, while they throw and catch balls or beanbags.
- Place several StabilityPads in a circle, and pretend they are lily pads on a pond. Children stand on the "lily pads" — inflated according to their ability levels — and take turns throwing a beach ball (or other light ball or beanbag) to each other while trying not to fall in the "water."
- Form a walkway with one or two sets of StabilityPads. Instruct children to complete the "wobble walk" by stepping, or jumping, from pad to pad. Perhaps, award small prizes at the end of the walkway!
- Add a cognitive component to the wobble walk or the lily pads game by having children complete the steps or hops in a pre-determined sequence. For example, stipulate that the order is red-yellow-blue-green-violet-orange. Or, vary the order by assigning each color to the side of a die (for example, 1 = red, 2 = yellow, etc.), and then roll the die to determine which color comes first, second, and so on. Or you can write the colors on pieces of paper and draw from a hat. There are many possibilities!



Adapted Activities

StabilityPads are great for kids with physical challenges or sensory difficulties:

- Use the pads as seat or floor cushions for those fidgety children who can't sit still. The slight movement provided by the air cushions will give just enough movement or vestibular input to help the child stay on task.
- Fully inflate the StabilityPad and it becomes a mini therapy ball. You can position a young child on his/her stomach (prone) over the pad, and place a toy just out of reach (and slightly high), to encourage head control and active reaching. Or place the baby in a sitting position over the StabilityPad, and support the hips, to work on balance muscles for sitting.

Care & Safety

You can inflate the StabilityPad with a needle pump — either manual or electric. Inflation can range from nearly flat to a 10.5" height (almost round). The 2.25"-high fluted sidewall maintains the integrity of the StabilityPad through all phases of inflation.

Clean StabilityPads by wiping with a mild soap/water solution, or use a germicidal wipe. StabilityPads are made of PVC and are latex free.

StabilityPads should be used with adult supervision only. Exercise caution when standing on the pads, and have stand-by assistance (a wall to hold onto, or an adult's hand to hold) when stepping onto a more inflated pad.



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