

Essential Instructions

CARE & USE GUIDE



mediBall[®]
Pro

Sit upright with your hips slightly higher than your knees. Do not slouch or slump.

For sitting your hips should be 3cm to 5cm higher than your knees.
For exercise you can be level, that is knees at 90 degrees

CARING FOR YOUR MEDIBALL[®] PRO

CLEANING: Use a damp cloth to remove dust, dirt and marks. Avoid using harsh cleaners.

INSPECT: Check the surface of your mediBall[®] before use - do not use your ball if the surface is damaged.

USE: Keep the floor, exercise and work area clear of sharp objects and debris such as tacks, pins, glass and thorns.

NOTE: Care should be taken if using in temperatures greater than 32°C or less than 18°C.

WARNING: Do NOT patch or repair burst or punctured balls.

WARNING: Keep away from sharp objects, edges and naked flames. These will damage your mediBall[®]Pro and may lead to damage and deflation of your ball. Keep out of direct sunlight. Do not leave mediBall[®] inflated in your car.

LOADING: While static load rating is 1000kg your ball is rated Anti-burst to 500kg - If using weights **do not** exceed your body weight as a load - body weight and equipment should not exceed 350kg. Care should always be taken when using dynamic exercises.



Selection of pumps available
Enquiries
1300 790 900



Inflation Instructions

STEP 1 Locate the ball stopper (plug) and inflation adapter. Look and confirm the size of the ball from the label on the ball.

STEP 2 Partially inflate the ball using the foot pump and re-insert the stopper. Always inflate slowly to - allow plastic to stretch. Do not fully inflate your ball at this stage - leave it 10cm less than its max. Diameter shown on the ball.

NOTE If you use an air compressor, especially those at Service Stations, ensure that you don't over inflate the ball as you WILL damage it.

STEP 3 Do not use your mediBall[®] for 24 hours.

STEP 4 Complete the inflation of the ball to your sitting height - see diagram. Now wait another 24 hours before use.

NOTE If you have purchased the correct size ball you should never have to inflate greater than 95% of it's maximum diameter shown on the ball.

WARNING NEVER INFLATE YOUR BALL GREATER THAN IT'S MAXIMUM DIAMETER & DO NOT USE FOR 48 HOURS AFTER INITIAL INFLATION.

WARNING DO NOT INFLATE WHEN THE TEMPERATURE IS GREATER THAN 32°C OR LESS THAN 18°C



WARNINGS

If you are unsure of how effective your balance is or whether, due to an existing medical condition, you should not use mediBall[®] seek advice from a qualified health practitioner or therapist such as a Chiropractor, Physiotherapist, C.H.E.K., Remedial Massage or Pilates Therapist.

mediBalls[®] are not suitable for unsupervised use by young children as they may remove and ingest the ball stopper.



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