



# sensaBolster™

## CARE AND MAINTENANCE GUIDE

**sensaBolster™** is a versatile tool for rehabilitation, exercise training, stretching and children. Ideal for physios, doctors, trainers, coaches, yoga, pilates practitioners and the home exerciser.

Your **sensaBolster™** comes deflated. All you need to do is remove the plug using the plastic ring-pull attached, then allow the air to fill into the bolster. No additional air is needed to be forced into the **sensaBolster™**.

The design of the plug with the plastic ring-pull attached allows quick and easy adjustments of air into and out of the **sensaBolster™** while using it. Do not throw the plastic ring-pull away.

Your **sensaBolster™** is made from Duralon™, which is a form of PVC. It is 25cm long with a band of sensory nodes at each end that help increase proprioceptive feedback, improve circulation and relieve tight muscles. It is burst resistant to 350kg.

**sensaBolster™** is ideal for

- rehabilitation
- functional exercise
- stretching
- massage roller
- children
- use in place of the airRoller™ and physio roller
- swimming and pool training
- a back support while sitting

Small, lightweight, portable and buoyant, the **sensaBolster™** can be taken and used almost anywhere.

### DISCLAIMER:

The **sensaBolster™** will challenge your balance skills. Check with your health professional to ensure that you can use it safely.



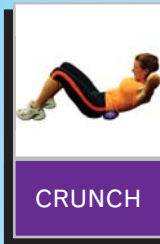
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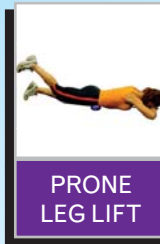
# sensaBolster™ EXERCISES

## EXERCISE



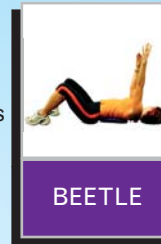
**CRUNCH**

Lie on back, feet on the floor. Bolster across ways under back. Bend knees. Place hands on side of head. Curl upper body towards thighs.



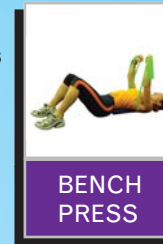
**PRONE LEG LIFT**

Lie face down with Bolster under hips. Brace abdominals. Slowly lift one leg as high as possible. Keep pelvis and other leg on floor. Return to start.



**BEEBLE**

Bolster length ways along spine and arms straight. Reach up, relax back with each arm. Let head roll away. Reach and roll



**BENCH PRESS**

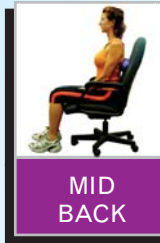
Place Bolster length ways under your upper back. Place a dynaband across your back, directly under your chest. Keep elbows close to your body and push the bands up.

## SITTING



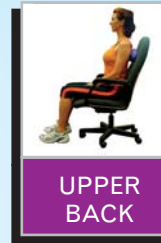
**LOW BACK**

Place Bolster either along or across the lower back. Sit straight. Initially for 5-10 mins. Gradually increase the time.



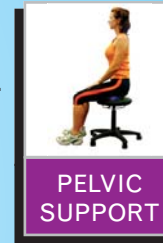
**MID BACK**

Place the Bolster either across or along the mid back. Sit straight. Initially for 5-10 mins. Gradually increase the time.



**UPPER BACK**

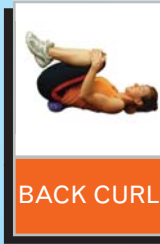
Place the Bolster either across or along the upper back. Sit straight. Initially for 5-10 mins. Gradually increase the time.



**PELVIC SUPPORT**

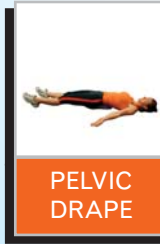
Place the Bolster under the buttocks. Focus on finding the correct tilt in your pelvis so your spine remains in ideal alignment. Initially 5-10 mins. Gradually increase the time.

## STRETCHING/ MASSAGE



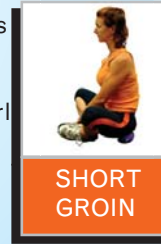
**BACK CURL**

Bolster across ways under buttocks. Bring both knees to chest. Clasp knees and hug closer. Hold or rock.



**PELVIC DRAPE**

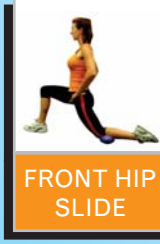
Place Bolster across ways or length ways under buttocks. Roll off onto side and curl knees to chest afterwards. Relax.



**SHORT GROIN**

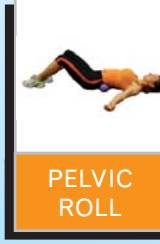
Clasp foot with opposite hand. Draw knees backward and hold.

## STRETCHING/ MASSAGE



**FRONT HIP SLIDE**

Place Bolster under ankle. Slide leg backward until Bolster is under your knee. Sag hip toward floor. Keep front knee open and hold.



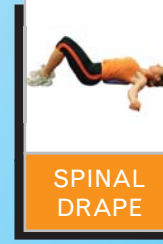
**PELVIC ROLL**

Bolster across ways under low back. Gently push with feet to roll to top of Bolster. Relax to roll back down. Roll up and down rhythmically.



**NECK RELEASE**

Place Bolster under your head. Roll head to side and relax the neck. Roll.



**SPINAL DRAPE**

Place the Bolster length ways under your spine. Relax.

*The sensaBolster™ can be inflated or deflated to suit the needs of the user. The more inflated, the more intense the stretch or more difficult and effective the exercise.*

**IMPORTANT: IF YOU LOSE FORM, STOP THE EXERCISE. PRACTICE QUALITY NOT QUANTITY**

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