

BALANCE BEAM

The AIREX® balance beam was developed especially for clinical balance and proprioception exercises. Based on the shape of a conventional balance beam it is used mainly in physiotherapy and to regain walking and foot functions. The flat beam is safe for balancing and training.



Size: approx. 160 x 24 x 6 cm

Transport weight: approx. 0.99 kg

Key features of the balance beam:



Hygienic

Easy to clean. Antibacterial coating.



Extra large

Extra-long and wide for special comfort, a wide range of applications, and special needs



Water-repellent

Closed-cell foam. Does not allow water or dirt to penetrate.



Multi-functional

Wide range of applications. Indoor, outdoor, and underwater.

AIREX® balance products are active therapy and training devices made of the familiar soft AIREX® foam material. The balance beam was developed especially for clinical balance and proprioception exercises. Based on the shape of a conventional balance beam it is used mainly in physiotherapy and to regain walking and foot functions. The flat beam is safe for balancing and training. Lying down on the beam allows users to strengthen their abdominal and back muscles. The foam material features the same destabilizing properties as the AIREX' other balance products. Because the foam yields to the user's weight, the body is constantly challenged to maintain balance and stabilize the joints. This means that more muscles are worked more deeply than would be the case if the same exercises were done without a balance beam. The control function of the brain is activated and the receptors in the joints and fascia system are increasingly addressed.