A VARIABLE HEIGHT "WOBBLE BOARD"

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The "wobble board" has been used for many years for the re-education of the musculature of the ankle and foot after injury. Varying heights of board have been used depending on the range of movement required at various stages of recovery but I have not seen, nor have some experienced colleagues seen, one where the height is adjustable. Such a device is here illustrated. It consists of a circular board (a cake board in this case!) with a hole in the middle through which a screw passes with a threaded disk on either side so that by tightening the disks the screw may be locked at any desired height. The head of the bolt has been filed to reduce damage to the supporting surface.

Exercises on the board may be started safely at a very early stage of rehabilitation by using the lowest height and thereafter progressing within the limits of pain to full mobility. Obvious improvements could be made such as having a larger bolt head and some means of measuring progress in the height of the board but the device works well as it is and refinements would undoubtedly be expensive.

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