

Wobble Cushion Exercises

Wobble cushions are small round cushions, strong enough to stand on. When stood on the cushion it creates instability (a wobble!) encouraging you to engage your back and core muscles and to stabilise your ankle. The cushion shifts under your weight, forcing you to constantly adjust your position to stay balanced.



Standing on the cushion regularly whilst doing mundane daily tasks such as brushing teeth and doing the washing up can really help with ankle stabilisation, strength and core control. You can stand on the cushion with feet in parallel, in a turned out ballet position or, as pictured, on one leg in parallel or turned out.



Exercises With The Cushion



Stand in parallel. Lift one leg to a low retire position in parallel with arms out straight to the side.

Then...

Lift the leg to the side of the knee in parallel. Repeat 5 times on each leg then repeat all 5 times.



Stand with feet hip width apart on the cushion and bend down into a parallel squat. Repeat 10 times - to increase difficulty add a pulse at the bottom of the squat.



Split stance. Place your front foot on the cushion in parallel with your back foot on the floor behind in a small lunge. You should be standing on the ball of your back foot. Leaning forward from the hips with opposite arm to leg in front. Stand up straight lifting your back leg up to hip height, changing arms. Repeat 5 times on each leg.

