

PROPRIOCEPTION BOARD

1. Insert three screws to connect the plywood to the 4x4.
2. Place your feet at the end of the board (Figure One).
3. Rock the board to the left and then back slowly to the right (Figure Two).
4. Start out with two minutes per day and gradually work up to five minutes a day.

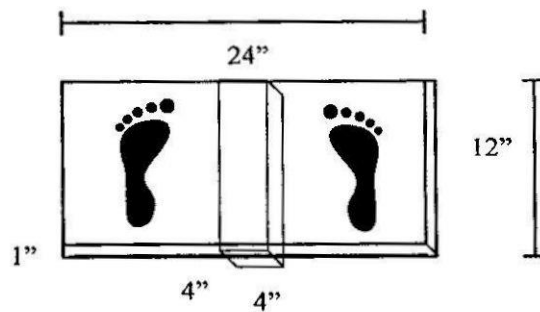


Figure One.

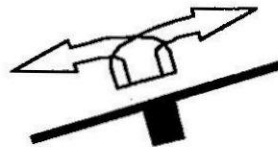


Figure Two.