

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 17

Re: Rocker Board

Date: March 20, 2000

Revised: October 19, 2008

Description:

20" square board with curved boards attached to underside that allow 16° of rocking motion. The rocker board provides static and dynamic sitting and standing balance activities.

Indications:

Patients, who exhibit loss of balance and proprioception, difficulty shifting their weight or body awareness neglect. Patients with decreased ankle ROM and gastrocnemius tightness.

Precautions:

Potential loss of balance and injury in standing position - use gait belt and/or second person initially.

Procedure:

1. Instruct patient in procedure, seated on mat.
2. Have patient stand, place board under thighs and have patient sit. Assist to get back so thighs fully supported.
3. Place feet on support.
4. Therapist seated in front of client or at side if using posture mirror.
5. Use cones, ball, etc., for weight shift.
6. Assist patient to shift weight left and right.
7. Assist patient to stand and remove board.

Standing in Parallel Bars:

1. Place board medial to lateral in parallel bars.
2. Assist patient to step up on board holding onto bar(s).
3. Therapist stands in front. Instructs patient in rocking side to side, reaching, letting go of bars, etc.
4. Assist patient to step off board.
5. Turn board so it now rocks anterior/posterior (front/back).
6. Repeat #3 except rock forward and backward.
7. Assist patient to step off.
8. Clean as per Physical Therapy Cleaning Procedures.