



XV International Congress on Sports Rehabilitation and Traumatology

The Rehabilitation of Winter and Mountain Sports Injuries

2006

WORKSHOP BOSU

Sunday 12.00-13.30

The use of unstable surfaces for training and rehabilitation

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Balance, or postural stability, is the ability to maintain the body's Center of Mass within specific boundaries (stability limits). This capacity is the foundation for all movement activity and has become increasingly recognized in the realm of sport and rehabilitation.

To challenge the coordinated response to balance challenges, the prescription of unstable surfaces in exercise routines have as a goal increased muscle activity in lieu of increasing mechanical load.

Further, unstable training may increase the activation of core stabilizers (even during low RM training), better connecting the kinetic chain and increasing functional movement capacity.

This session will discuss the use of unstable surfaces in training and rehabilitation, examining the role of visual input, size of the base of support, and stability of the support surface, while introducing the concept of exercise complexity as a training variable.