

Air Disc Cushion Home Exercises



An air disc (wobble cushion) is a versatile therapy tool that provides proprioceptive, vestibular, balance, postural, and strengthening input.

The unstable surface requires the body to make constant small adjustments, helping improve core strength, body awareness, balance, coordination, motor planning, self-regulation and attention.

Sitting Activities:

- Sit on the air disc while completing homework, coloring, puzzles, games, or other tabletop activities.
- Reach for objects placed to the right, left, overhead, or behind the body while maintaining balance.
- Pass a ball or toy from one side of the body to the other to encourage trunk rotation and crossing midline.
- Practice maintaining an upright posture without leaning on the table or chair.

Standing Activities:

- Stand on the air disc while completing tabletop tasks.
- Toss and catch a ball or beanbags while maintaining balance.
- Reach overhead, across the body, and toward the floor to retrieve objects.
- Complete mini squats while standing on the disc to retrieve game or puzzle pieces.
- Practice weight shifting forward/backward and side-to-side.
- Perform single-leg standing activities while holding onto a stable surface if needed.

Kneeling Activities:

- Tall kneel on the air disc while completing a puzzle, game, or craft.
- Reach outside the base of support to retrieve and place objects.
- Toss and catch a ball while kneeling.
- Practice maintaining an upright posture while reaching in multiple directions.

Upper Body Strengthening:

- Complete modified planks with hands on the air disc.
- Complete push-up holds or other weight-bearing activities with hands on the disc.

Sensory Processing and Body Awareness Activities:

- Use the air disc as a movement break throughout the day.
- Practice balancing with eyes open and, if appropriate, eyes closed.
- Incorporate the disc into obstacle courses.
- Use during activities that require attention and focus to provide additional sensory input, which may help improve attention and seated engagement.
- Combine balance activities with head movements (looking up/down or side-to-side) to challenge vestibular processing.
- Practice identifying body positions and maintaining balance during movement activities (e.g., Simon Says, "Touch Your Head," or singing "Head, Shoulders, Knees, and Toes" for younger children).

Recommendations:

- Complete activities for 5-10 minutes, 1-2 times daily as tolerated.
- Begin with easier activities and gradually increase difficulty as balance and strength improve.
- Provide hand support or stand nearby as needed for safety.
- Stop activities if your child experiences dizziness, discomfort, excessive fatigue, or signs of distress.
- Always supervise your child while using the air disc.

Consistent practice can help improve postural stability, balance, body awareness, sensory processing, and attention skills needed for success in daily activities, play, and school participation.

