

# The Billy Board® Balance Skill Disc

## INSTRUCTIONS

### FOR YOUR SAFETY

### PLEASE USE NON-SKID RUBBER SOLED SHOES WHEN USING THE BILLY BOARD® BALANCE SKILL DISC

#### Purpose

The Purpose of the Billy Board® Balance Skill Disc is for vestibular rehabilitation. This is necessary in our society because of the ever-present visual reference frame created by civilization. Even if you tune your balance system in and do NOT have something like the Billy Board®, you will soon lose the important benefit of the vestibular sensing system and become “vision dependent” again. It is this use of your vision that causes a delay in response and a short neurological overload in processing the visual information. The goal is to use at its maximum slope with your eyes closed and still maintain balance. As you become more efficient at the use of the Billy Board® Balance Skill Disc, move the lever up and down in slope to continue to retrain the brain to recall your center of gravity. Each slope is a change in your center of gravity and more challenging. The more easily your brain can recall and adapt the more “in tune, in balance” you become. Your adaptability is the key to a faster response time and learning ability.

The **Billy Board® Balance Skill Disc** is a device designed to help increase your skills of balance, agility, eye-hand coordination, kinesthetic learning and for vestibular rehabilitation in vision therapy as well as enhance your health and well-being. Tuning in all five senses to their maximum function will help to slow down the aging process. The Billy Board™ is the Tuning Fork for Staying Forever Young!

#### How to Use the Billy Board® Balance Skill Disc

##### Flat Board

1. Set the adjustment handle at zero (0) degrees, a flat board, as marked on base.
2. Step onto the board one foot at a time. The feet are parallel and equal distance from the center “star”, near the outside edge.
3. Now do the "twist". Continue experimenting with the twist movement; try to turn the board so you are facing a different direction, etc., until you feel comfortable and "at home" with the board in this position. **DO THIS WITH YOUR EYES OPEN.** Once you feel comfortable change the slope of the disc to five degrees

##### Inclined/Sloped Board

1. Set the Billy Board® on its side and move the handle to the five (5) degree mark on the base. You can increase slope as you become more efficient on it or decrease to become proficient at it.

2. Place the board back on the floor and step with one foot on the lower side of the slanting top. You will need to do some balancing to keep the board from spinning you around. If you are unable to balance, go back and reduce the amount of slant and repeat.
3. Stand in erect posture, head up and looking straight ahead with your arms either out from your side or in front of your body to help with balance. Now gently shift your weight from one foot to the other to get the board to rotate slowly in one direction or the other. **DO NOT** do the "twist" while doing this! Just shift your weight by bending and straightening your knees. Keep practicing this until you can control the rotation of the board with you on it in this posture.
4. Try rotating only a small amount in one direction, stopping, and rotating in the opposite direction. Try to control how **FAR** you move in each direction until you are comfortable and in full control. Try not to go all the way around at this point; just oscillate back and forth, changing how far you oscillate.
5. Next, try to go all the way around and maintain control. If you can't stop, step off and start over again. It may take anywhere from 15 minutes to several hours to get this kind of control. Be sure your body is erect (the body is not twisting, etc.) to create the effect. You should just be shifting your weight from one foot to the other. If you cannot do it after a great deal of practice, reduce the amount of slant.
6. Once you are comfortable and in full control, start oscillating back and forth small amounts, keeping your posture erect. Now **CLOSE YOUR EYES** and try to maintain the same movement with your eyes closed. As soon as you are comfortable going back and forth with your eyes closed, try going all the way around with your eyes closed. To tune in the inner ear balance, it is necessary to learn to do this without the aid of vision, with the eyes tightly closed.
7. Once all the above steps have been accomplished increase the inclination of the board and then go through all the stages again. Go as far as your skills permit. This will further increase your balance system tuning, and make the vestibular system a full sensory partner in helping the body function correctly.

### **Caution**

1. **DO NOT use the Billy Board® without first Reading the instructions thoroughly.**
2. **Use only athletic shoes or shoes with non-skid rubber soles to avoid falling/or slipping off.**
3. **All beginners** should start with a flat inclination.
4. **Place it on a flat**, firm, level, and stable surface.
5. **Use it in a clear**, open area, far from sharp objects, or windows that you could hit if you spin off or lose balance.
6. **Do not** use the Billy Board® Balance Skill Disc on an inclined surface or on top of another object(s).
7. **Never** use the Billy Board® Balance Skill Disc while taking medications, drinking alcohol, or using a controlled substance.
8. **Make sure the wing nut on the bottom is tight to avoid play between the two parts.**

**IMPROPER USE OF THE BILLY BOARD® BALANCE SKILL DISC COULD CAUSE SERIOUS INJURY. ALL PERSONS ASSOCIATED WITH THE CREATION, MANUFACTURING, OR MARKETING OF THIS DEVICE DISCLAIM ANY AND ALL CLAIMS DUE TO IMPROPER USE.**