

eQuilibrium®

- eQuilibrium “TheraFloor”



eQuilibrium® ,eQ the Platform

eQ Rehabilitation Tool

for lower limb and pelvic injury recovery.

eQ Performance Enhancer

for improved strength and proprioception.

eQ Comfort Station

for standing.

eQ the Rehabilitation Tool



eQ is a *rehabilitation tool* for lower limb, hip and pelvic musculature.

eQ the Rehabilitation Tool

Standing on the sloped surface of eQ causes reactive changes in our posture and musculo-skeletal system.

Although specific lower limb soft tissue can be targeted with eQ, all body musculature is affected by the reactive changes during it's use.

eQ Optimizing Rehabilitation

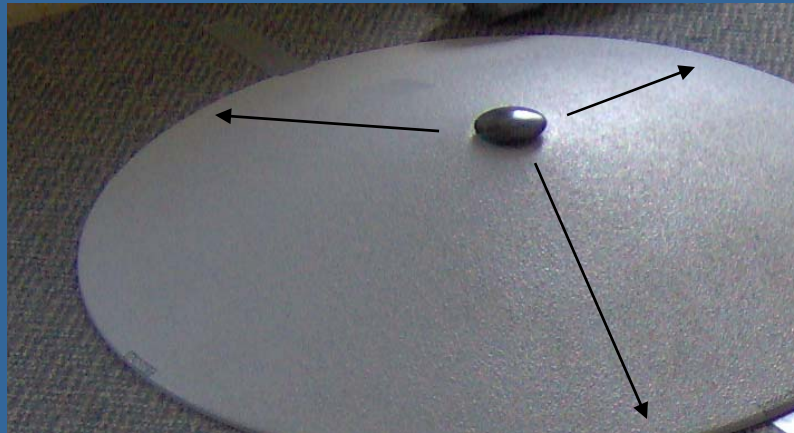
eQ is simple to use as a rehabilitative tool.

The therapist can optimize foot and body positioning, load intensity and duration periods according to their knowledge and experience.

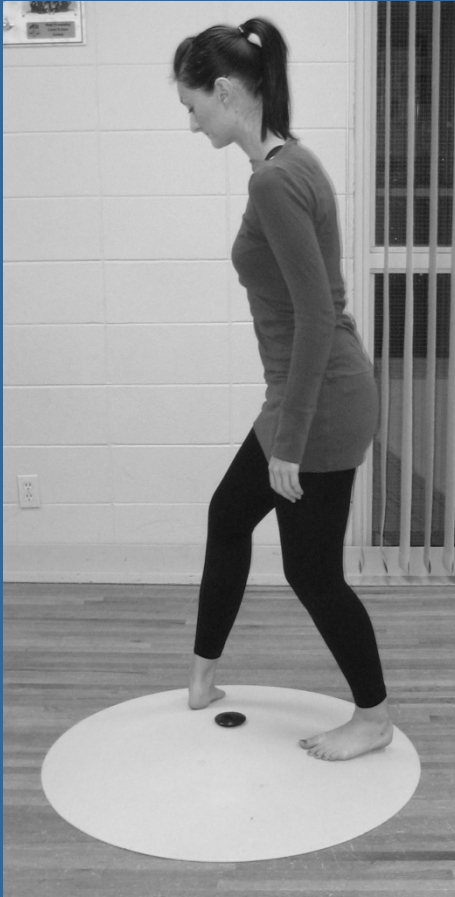
The client can practice prescribed movement by the therapist with little effort and relative ease.

eQ the Rehabilitation Tool

- eQ is designed with a sloped-curvilinear surface.



eQ the Rehabilitation Tool



eQ slope movement stresses the lower limb muscular and engages the proprioceptive system.

eQ the Rehabilitation Tool

eQ's 4 stretch quadrants allows precise positional reference of the feet and the body.



eQ the Rehabilitation Tool

Taking a position or moving about the eQ slope enables the user to produce eccentric, static or concentric load targeting any lower extremity muscle group.



eQ the Rehabilitation Tool

gentle



assertive



eQ *enables precise load amplitude control...*

- from zero to max.
 - while stretching or flexing.
 - with little effort.
-

eQ the Rehabilitation Tool

Movement on eQ while standing or being mobile involves:

- A balance of concentric, static and eccentric loading of the ankle flexors; extensors and peroneal musculature;
 - Inversion and Eversion of the foot;
 - Supination and Pronation of the foot;
 - Constant low amplitude muscle activity to all lower limb musculature.
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eQ Gentle Ankle Flexor Stretch

Gentle Flexor Stretch



take position as shown with foot midline upslope

- relax foot including Achilles tendon
 - lean forward, flex the knee, apply low level load
 - maintain position with low load for prescribed period
 - Relax for prescribed period
 - Repeat above steps two more times.
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eQ Assertive Ankle Flexor Stretch

Assertive
Flexor Stretch



- Lean forward a few degrees further from initial position
 - relax Achilles tendon
 - alternately flex and relax the ankle dorsi flexors every five seconds, no foot lift
 - repeat 15 times
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eQ Dorsi Flexion (target Plantar Flexor Stretch)

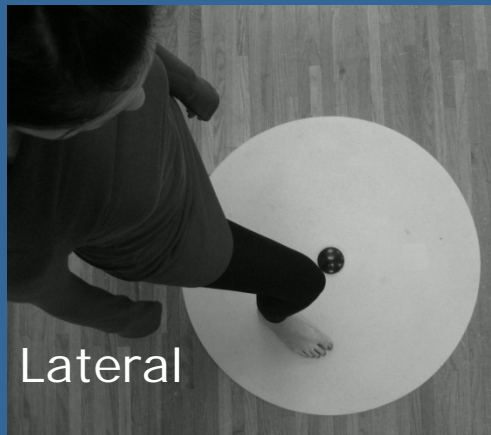
Upslope Lateral



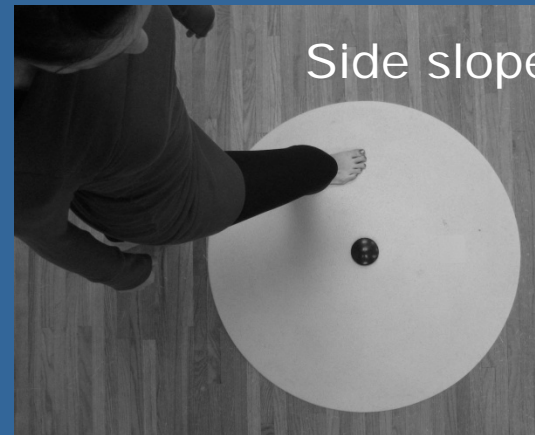
Upslope medial



Side slope Lateral



Side slope medial



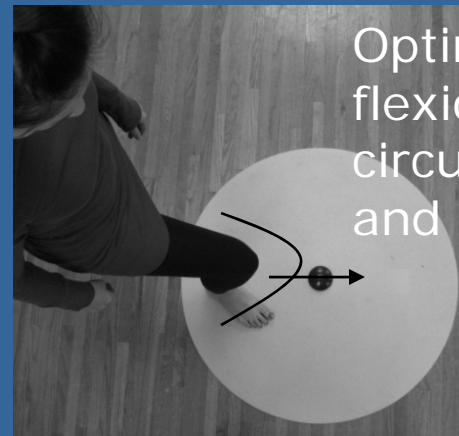
eQ Dorsi Flexion (target Lateral Plantar Flexor Stretch)

Take position foot at 1 o'clock

- Gently lean the knee forward to limitation
- Rest at the limitation position for prescribed period
- Dorsi flex and relax foot every 3-5 sec.
- Rotate knee clockwise
- Combine the last two steps in cadence



Foot rotated outward.



Optimum dorsi flexion during knee circumducting at 9 and 12 o'clock.

eQ Dorsi Flex (target Medial Plantar Flexor Stretch)

Take position foot at 11 o'clock

- Gently lean the knee forward to limitation
- Rest at the limitation position for 15 seconds
- Dorsi flex and relax foot every 3-5 sec.
- Rotate knee clockwise
- Combine the last two steps in cadence



eQ Hip and Pelvic Strengthening

- Plantar flexion... supinated, neutral or pronated on eQ can accent muscle activity through the:
 - Hip Abductors;
 - Hip Flexors; and
 - Hip Adductor musculature.



Supinated



Neutral



Pronated

eQ Supinated Plantar Flexion (target pelvic seat)

Feet turned out,
knees bent.



Left foot supinated
plantar flexion.



Back straight,
upper body over
pelvis.



Right foot supinated
plantar flexion.

eQ Supinated Plantar Flexion

2 eQ's (target pelvic seat)



Accent of flexion is at deep seat musculature while engaged in supinated plantar flexion...

eQ Pronated Plantar Flexion (target hip adductors)

Feet turned out
downslope,
knees bent



Right foot pronated
plantar flexion



Back straight,
upper body over
pelvis



Left foot pronated
plantar flexion.

eQ Pronated Plantar Flexion (target hip adductors)



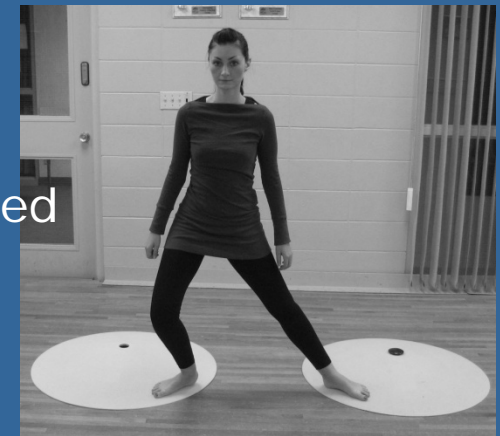
Feet turned out,
knees bent



Right foot pronated
plantar flexion



Back straight,
upper body
over pelvis



Left foot pronated
plantar flexion

eQ Plantar Aponeurosis Arch work

Take position

- Relax arch
- Lean to increase load



Kneading the mid-arch.



Kneading the heel.

Kneading the ball of the foot.



eQ Slope Balancing



Balancing on eQ is...
simplified as one
compartment is
dampened while
the antagonist
compartment is
challenged.

This is good for...

eQ Digitorum Stretch



eQ Comfort Platform



The “Comfort”
position.
