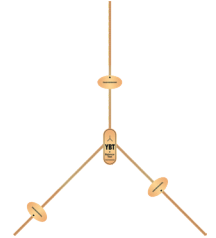


Y-Balance Trainer

Assembly



1 Package contents:

3 Y-bars with measuring scale (2-piece)

3 sliders for the Y-bars
1 base plate

1 bag

2 Assembly:

Step 1:
Firmly connect the Y-bars together.

Step 2:
Place the 3 bars together in a star shape (with the milled grooves facing inwards) and then place the central base plate on top. Make sure that the grooves snap into the corresponding springs on the underside of the base plate.

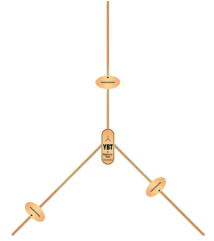
Step 3:
Now place one of the sliders (in the groove on the underside) on each of the Y-bars with the arrow pointing outwards (measuring point).

Done!

Notes:
When using the Y Balance Trainer, ensure that the surface is stable and smooth. Place your supporting leg as centrally as possible on the star-shaped symbol in the upper part of the base plate (= intersection of the Y-bars).

Y-Balance Trainer

Instructions



1 General:

The Y-Balance Trainer is a standardized test that measures dynamic balance, core stability, and neuromuscular control. It is frequently used in physical therapy and sports settings to identify imbalances and assess injury risk.

2 What you need:

Teamsports.com - Y-Balance Trainer:
The set consists of a central platform and three tubes arranged in a Y-pattern.
Pen and table (see page 2) to record your results.

3 Preparation:

Warm-up:
Perform a short warm-up program that activates the legs and core (e.g. easy jogging, jumping jacks, dynamic stretching).

Starting position:
Stand barefoot on the center of the platform (or Y-pattern) with your test leg firmly planted on the floor.
Your standing leg should remain slightly bent throughout the test.

Y-shape:
The three arms of the Y point forward-inward (anterior), backward-outward (posteromedial) and backward-inward (posterolateral).

4 Implementation:

Test leg:
Start with your less dominant leg as your standing leg. Use the other leg (test leg) to glide in different directions.

Three directions:

Anterior:
Slide your test leg forward as far as possible. Hold the balance for 1-2 seconds.

Posteromedial (back-outward):
Slide the test leg backward and to the side (approximately 135 degrees to the front). Maintain balance.

Posterolateral (back-inside):
Slide the test leg backward and to the other side (approximately 135 degrees to the front). Maintain balance.

Measurement:
On each attempt, measure the maximum range from the center to the tip of your foot. It's important to note the range at which you were able to maintain balance without touching the ground.

Repetitions:
Perform three practice repetitions in each direction, followed by three test repetitions per direction.
Record the best result for each direction and each leg.

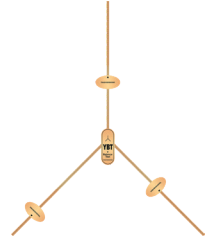
Change sides:
Switch legs and repeat the process.

5 Important notes:

The foot of the test leg must not touch the ground while you glide.
The supporting leg must not be lifted from the ground.
The standing leg must remain slightly bent throughout the test; it must not be fully extended.
It is normal for one side to have a greater reach than the other.
Larger differences (>4 cm) may indicate an increased risk of injury.

Y-Balance Trainer

Test results



Name: _____

Date	Mainstay	Direction	Attempt 1 (cm)	Attempt 2 (cm)	Attempt 3 (cm)	Best result (cm)
_____	Right	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Left	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Right	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Left	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Right	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Left	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Right	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____
_____	Left	Anterior	_____	_____	_____	_____
		Posteromedial	_____	_____	_____	_____
		Posterolateral	_____	_____	_____	_____