



PowerPlane Fitness
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Dear Sandra, Eric and Alex,

This is in follow-up to the excellent presentation you gave at our clinic last month. As you know, I am a physical therapist at the New West Orthopaedic and Sports Medicine Centre. I have focussed my career on the rehabilitation of athletes following injury, and helping them achieve their goal of returning to full sport participation. I have been the national team physio for both field hockey and gymnastics. I understand the demands of international level sport, and the dedication these athletes must have. In my own athletic career, I competed with the Canadian National Gymnastics team, and am therefore aware of the huge benefits of core strengthening and balance training. I have examined this area further by researching the relative importance of strength and proprioception in the ACL deficient and post-operative knee, while at University of British Columbia.

I am very impressed with the PowerPlane Total Fitness Platform. It has been well designed to provide a safe and effective tool for training core, upper and lower body strength, balance and postural control. With the PowerPlane, anybody can create a challenging and progressive training program at home with limited space and equipment.

The PowerPlane allows me to challenge both static and dynamic balance of my patients in variety of athletic postures including a ready stance, lunge position, and single leg stance postures. The length of the PowerPlane is such that lunges can be performed with the leading shin kept in a vertical position. Smaller boards result in a forward knee position, resulting in much greater patello-femoral (knee cap) joint forces, and higher risk of developing anterior knee pain. The adjustable end blocks allow the user to control the degree of stability of the PowerPlane. It can be used as a stable platform (both blocks in position), an inclined board (using a single

block), a single plane wobble board (no blocks), or even a multi-plane wobble board (by placing a ball under the board).

Adding a resistance component to exercises via sport tubing enables allows me to challenge both symmetrical and asymmetrical balance. Having tubes on either side of a patient increases their weight bearing in a symmetrical manner. By using resistance tubes on one side only, we can either unload or increase the load on the injured side. This creates an asymmetrical balance situation providing even greater training opportunities.

With the PowerPlane, I can challenge the user more by giving quick perturbations directly, with a medicine ball, or indirectly via ropes attached to the board. This works to externalize the exercise making the athlete focus on more than just maintaining a static balance position. By doing this, I can have much greater confidence that my patients are ready for sport participation, and are not at risk of subsequent re-injury.

In closing, I can say that the PowerPlane Total Fitness Platform has been a great adjunct in the rehabilitation of the athletes at our sports medicine physiotherapy clinic. It has allowed us to find new ways to train patients in safe yet demanding ways, making their road to recovery that much smoother. I can also see great benefits to individuals using the board as a home exercise strength, balance and functional training system.

Sincerely yours,

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