

# Health in old age with T-BOW®

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## Health in the elderly with the T-BOW®

The T-BOW® with its special characteristics (bow with stable-unstable convexity and unstable concavity, very robust but with very high reactivity to the finest movements, narrow edges for precise supports and lateral holes to place elastic bands) will enable a multitude of workouts. differentials for health in elderly people.



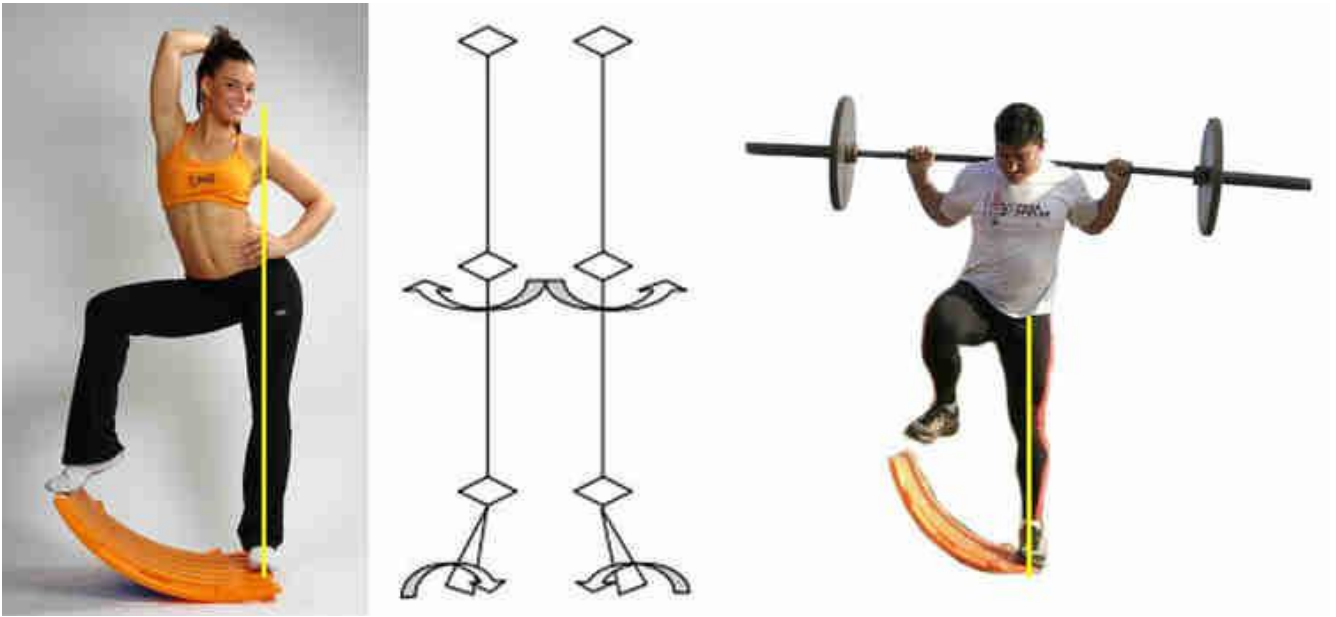
In addition to maintaining general physical fitness and well-structured muscle-joint strengthening, strength to control posture and coordination improvement to achieve more security in situations of balance and rebalancing are important health criteria in the elderly, and can be enhanced in an optimal and fun way with the T-BOW®, both in more personalized situations and in group activities, also promoting socio-affectiveness.



## Optimization of static and dynamic balances

The stable position of the T-BOW® with its convex surface enables a multitude of foot, knee, hand and forearm supports, up-down actions and mini-jumps, adopting a wide variety of static and dynamic postures.

The unstable position of the T-BOW® allows highly reactive swings both on the feet and on the hands, a situation that, apart from optimizing static-dynamic balance, also stimulates postural adjustments. Swings with the support of the feet on the lateral edges is especially important to enhance bilateral control of the foot muscles and at the same time to stabilize with high sensitivity all the muscles that maintain the longitudinal axis of the leg, thanks to the functional screwing from the foot to the hip that is forced by this rocking on the lateral edges of the T-BOW®.



Handstand swings will provide reactivity and stabilization to the shoulder and the entire shoulder girdle.

The T-BOW® enables hand supports on an inclined plane or on its lateral edges that significantly reduce the overload on the wrists.



Practical training experiences with varied and unstable platforms in elderly individuals show very significant improvements at the level of the neuromuscular reflex system, a very determining factor for postural and balance control.

With these types of training, the control and regulation of the actions of daily life will improve and the risk of falls will be reduced.





### **Optimization of strength and postural control**

The convex surface of T-BOW® in a stable position allows a greater range of movement of the spine together with a stable anatomical support that allows better muscle localization; achieving a reinforcement of the musculature of the frontal, lateral and posterior trunk, differentiating parts and globally, in a very healthy amplitude and with high precision. The swinging situations with high reactivity that the T-BOW® allows, with the possibility of asymmetric free loads, are ideal for strengthening the back and joint stability (deep muscles).

Likewise, with the T-BOW® it is possible to design strength exercises for the entire musculature of the body, from very specific exercises to more global actions, both in stable conditions and in conditions of very reactive and safe swings.

The use of the T-Band will allow a variety of contraction and at the same time very effective alternatives for segmental and global postural control.







## Flexibility Optimization

The convex surface of the T-BOW<sup>®</sup>, in both stable and unstable situations, extraordinarily optimizes spinal mobility, allowing a greater range of motion than a flat surface and stable, responsive support for all areas of the back.

Sitting on the T-BOW<sup>®</sup> raises the hip and facilitates joint mobility and stretching of the hip and leg muscles. The calf and foot muscles can be stretched effectively and comfortably by taking advantage of the curvature of the T-BOW<sup>®</sup>.



## Optimization of socio-affectiveness

The T-BOW® allows shared swings and mini-group games that will allow multiple alternatives to optimize socio-affective situations of mutual help and cooperation of the elderly, a fundamental aspect of their emotionality and holistic health.



*Made in Switzerland*  
**T-BOW**®

