

Exercise guide



EXERCISE 4

For further challenges use two Inimoves at the same time.



EXERCISE 5

The previous exercises can be performed with the discs held downwards. The increased difficulty level is very clear.



EXERCISE 6

Add difficulty by adjusting the discs in a straight upright line while looking in a mirror.

EXERCISE 7

Increase competition by timing the exercise for continual challenge.



Other ideas for exercises

- Swing Inimove Complex around but do not let the discs slide out. Begin as in exercise 4 with the discs upwards and finish with the discs downwards.
- Use Inimove as a “cuddle” tool / activity tool.
- Count and feel the ridges on the handle.

PLEASE BE AWARE OF THE FOLLOWING:

- Do not overdo the exercises and inflict pain.
- Ease in to the exercises and increase as appropriate.
- Inimove is a supplementary exercise tool.
- Can be used by children over 5 years.
- Keep away from the head due to unpredictable movements.
- Clean after use.
- Do not expose the wood to moisture.

INiMOVE

DENMARK



EXERCISES

Inimove can be used with support from a table, in front of the body, in a stretched arm, in front of a mirror, between the knees, standing or walking.

Exercise suggestions: Assemble the discs in an upright position, rotate them, hold the discs upright in a straight line, use the tool as a “cuddle” tool / activity tool, with the eyes closed, hold one in each hand or hold the discs downwards.



INiMOVE

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EXERCISE 1

The purpose of the exercise is to center the discs in a vertical row.

Variation and graduation

- Ease the exercise by using a table for support or by using both hands.
- Keep your elbow in a 90 degree angle.
- For further challenge the arm can be stretched further away from the body.
- With Inimove Snake, hold either the bottom disc placed in the palm of the hand, hold the middle of the product or hold the top and bottom of the product.
- Vary the grip by using more or less fingers.
- Hold the discs centered in a vertical row with the eyes closed.



EXERCISE 2

Make the discs move around their own axis. Gravity will encourage tilting movements of the hand.

Variation and graduation

- Hold Inimove in one hand while supporting the forearm on a table or use both hands.
- Inimove Complex Duo:**
- Swing the lower part or the top part around while assembling the opposite part simultaneously.



EXERCISE 3

Users with well-functioning arms and legs can do the exercises while standing. This will add focus on stability, balance and coordination training.

Variation og graduering

- Do the exercises while standing. Focus on keeping the balance and using the hand/arm.
- For more challenge do the exercise while walking.
- Walk on a line with Inimove in a straight upright line. The challenge is to not let the discs slide away from each other.
- Balance Inimove Complex Duo on the head with the handle placed on the head.



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