Balance Cushions

For a healthy back!

We need to be able to rely on our back muscles for both work and leisure. The basis for a healthy back is posture and flexibility when seated – balance cushions are the ideal support.

We recommend

Balance cushions with 2 different surface textures that you can switch between – look out for this symbol:

1 | Togu Dynair Ballkissen ‘Senso XL 36 cm’ Ball Cushion

Soft pimples on one side and smooth on the other side. Trains upright posture and back muscles. Pimples can be used to massage and stimulate blood circulation and metabolism. With needle valve. Incl. exercise poster (in German), made of Ryton.

See table for available versions.

2 | Togu Dynair Ballkissen ‘Senso Plus 39 cm’ Ball Cushion

Extra-large ball cushion for even more comfort. Ideal for back training, fitness exercises, rehabilitation and therapy. Can be used on either side: one side has soft pimples the other side is smooth. With needle valve for adjusting the air pressure. Incl. exercise instructions (in German). Made of Ryton.

See table for available versions.

3 | Togu Dynair Ballkissen ‘Kids 30 cm’ Ball Cushion

This ball cushion has a smooth surface. Sitting dynamically trains your spine and optimises upright posture. Another positive side effect is that it even strengthens your back muscles. Includes exercise poster (in German) and 1 needle valve.

See table for available versions.

4 | Togu Dynair Ballkissen ‘Senso 30 cm’ Ball Cushion

Perfect size for children and women. Trains your spine and upright posture. Encourages dynamic sitting. Pimpled texture for a massage effect and greater air circulation. Level of difficulty can be controlled using air pressure. Made of Ryton.

See table for available versions.

Cushions	1| ‘Dynair Senso XL’ ball cushion	2| ‘Dynair Plus’ ball cushion	3| ‘Dynair Kids’ ball cushion	4| ‘Dynair Senso 30 cm’ ball cushion	5| ‘Dynair 33 cm’ ball cushion	7| ‘Dynair Senso 33 cm’ ball cushion	Our choice! SPORT-THIEME 8| ‘Gymfit’ balance cushion		SPORT-THIEME 10| ‘Gymfit with Pimples’ balance cushion
Diameter/height	ø 36 / 7 cm	ø 39 / 7 cm	ø 30 / 7 cm	ø 30 / 7 cm	ø 33 / 7 cm	ø 33 / 7 cm	ø 33 / 6 cm	ø 36 / 6 cm	ø 35 / 4 cm
Can hold up to	500 kg	300 kg	200 kg	500 kg	200 kg	500 kg	150 kg	150 kg	120 kg
One side with pimples	✔	✔	–	✔	–	✔	–	–	✔
Blue	**71 203 4111**	**71 205 2700**	–	**71 282 7201**	**71 128 3017**	**71 128 4007**	**71 256 0801**	**71 256 1006**	–
Red	**71 203 4108**	**71 205 2713**	–	**71 282 7214**	**71 128 3033**	**71 128 4036**	–	–	–
Black	**71 203 4124**	**71 205 2726**	–	**71 282 7227**	**71 128 3059**	**71 128 4010**	–	–	–
Terracotta	–	–	–	**71 282 7230**	**71 128 3004**	**71 128 4023**	–	–	–
Green	–	–	–	**71 282 7243**	**71 128 3062**	–	–	–	–
Turquoise	–	–	**71 199 9206**	**71 282 7256**	**71 128 3046**	**71 128 4049**	–	–	**71 131 8601**
Raspberry	–	–	**71 199 9219**	–	–	–	–	–	–
Multicoloured	–	–	–	–	**71 128 3020**	–	–	–	–
Seaweed	**71 203 4137**	–	–	**71 282 7269**	–	**71 128 4052**	–	–	–
Misty mountain	**71 203 4140**	–	–	**71 282 7272**	–	**71 128 4065**	–	–	–
Aubergine	**71 203 4153**	–	–	**71 282 7285**	–	**71 128 4078**	–	–	–
Basalt	**71 203 4166**	–	–	**71 282 7298**	–	**71 128 4094**	–	–	–
Anthracite	–	–	–	–	–	–	**71 256 0814**	**71 256 1019**	–

More balance aids

11 | Sport-Thieme Ring Cushion

Medical product in compliance with RL 39/42/EWG. Ring for reducing pressure in the buttock area. Even weight distribution thanks to the ring shape. Particularly hard-wearing, tear-proof and can be disinfected. Can hold up to 200 kg, blue.

71 255 2008 Each

12 | New! Sissel ‘Back Change’ Sitting Cushion

An ergonomically shaped cushion for sitting on or for use as a back support. Helps to promote a natural posture and relieve strain on the back. The cushion’s firmness and level of stability can be regulated. Particularly hygienic as it can be washed. Incl. pump. Made of polyester with a mesh cover. ø approx. 40 cm. Max. load 100 kg. Anthracite. 1.2 kg.

71 286 4903 Each

13 | Sissel ‘Sit Air’ Sitting Cushion

Sitting wedge cushion for upright posture. As it is inflatable, you can sit dynamically. Strengthens your back and core muscles. Mesh cushion cover allows air to circulate. Instability can be adjusted via the valve on the cushion. The cushion’s core is made of PU foam. 35.5x35x5.5 cm. Black.

71 265 6104 Each

14 | Togu Airgo ‘Active Comfort’ Cushion

Keeps your spine active so that your intervertebral discs are constantly strained then relieved. Trains your spinal muscles and optimises upright posture. Takes the strain off your pelvis and the prostate gland. Comes with breathable thermal cover 100% polyester. LxW: 40x29 cm.

71 199 3312 Each

Please contact us for prices and shipping costs.