

WellStepp Kids technical data sheet

Manufacturer:

Polifoam Műanyagfeldolgozó Kft.
H-1097 Budapest, Táblás utca 34/A- Hungary
medical device - from the age of 1
Designed for indoor use, for use under adult supervision only
Recommended by orthopaedic specialists

Classification of WellStepp Kids (ISO code)

According to the standard EN ISO 9999:2022, the product is classified in class 30 'Recreational equipment' and within that, in subclass 30 09 'Assistive products for physical exercise and sport'.

Risk classification of WellStepp Kids

According to Article 52 and Annex VIII of Regulation (EU) 745/2017, applying the rules for classification, the product defined in this Technical Documentation is classified as **risk class I**.

Intended use of WellStepp Kids

The design and functional mechanism of action of the **WellStepp Kids** make it particularly suitable for minimising the likelihood of musculoskeletal issues, improving our body's coordination and balance skills, as well as musculoskeletal stability through continuous training.

A general description of WellStepp Kids, its structural design, the physiological principles, benefits and contraindications of its use.

The **WellStepp Kids** development mat with its beach-inspired design and colours is a pleasant-looking medical device. Thanks to its rustic, uneven surface, it is a fun way to strengthen children's leg musculature, providing an effective solution for the prevention of musculoskeletal disorders in childhood. With regular use, it also helps to develop coordination and balance skills and maintain healthy posture, and it promotes the proper development of the nervous system.

Dimensions of the product: 580 x 1540 x 10 mm polyethylene foam sheet

The WellStepp Kids is extremely easy to use, as the user, wearing athletic clothing, without shoes, in a standing position, can perform 20-30 minutes of exercise indoors under adult supervision and guidance, while the development mat is correctly secured. The product can be used by children over 1 year of age.

The physiological principles, benefits and contraindications of WellStepp Kids

Principle of operation, mechanism of action - according to the laws of physics, all bodies strive for a state of equilibrium, a state of rest, where the sum of the forces and torques acting on the body is zero. The human body works in the same way, i.e. we have to balance the result of external and internal forces and torques acting on the body, in addition to gravitational forces. It is in this system of forces and torques that our supporting and motor organ system, controlled by the nervous system, "operates". One of the main components of this is the proprioceptive system, which is controlled by the stimuli (reflexes) of the central nervous system to ensure an ideal posture at a given moment. With the **WellStepp Kids** equipment and training, we artificially create an unstable state of the human body, triggering the proprioceptors to stabilise the body's momentary unstable state through subconscious movements, using muscle tension. The WellStepp Kid is recommended for all children supported by health-conscious parents, under the guidance of a physiotherapist and adult supervision, to help train and care for the body's proprioceptive system.

Contraindications and risks of using **WellStepp Kids**:

If, in the opinion of a specialist doctor/physiotherapist, the child has musculoskeletal or neurological conditions where health development using artificial instability combined with independent movement is not recommended or not feasible.

When using WellStepp Kids, there is no absolute limit, but a relative risk limit is always set according to the specific state of health of the user. During use, the magnitude of the momentary loss of balance resulting from the exercises to be performed in the training session and the associated risk of falls and injuries will be considered. As a side effect, following occasional training sessions, the muscles used may become sore.