



## Product Details:

Length: 69 inches

Width: 27 inches

Weight: 11.5 lbs

Total thickness: 2 inches



## About Us

When a passionate physical therapist and a problem-solving engineer team up, innovation happens! Dr. Shelly, a PT with 30 years of experience, wanted a solution for patients who couldn't get up and down from the floor but still needed to exercise and stretch. Her brother, Alan, a mechanical engineer, took on the challenge and designed PhysioBoard—a lightweight, sturdy, and comfortable exercise surface.

Now, PhysioBoard is a family-run business, helping people stay active with a little love in every board!



SCAN ME



**Exercise on your bed,  
not the floor with  
PhysioBoard!**

**Exercise - Mobility - Independence**

## Why use PhysioBoard?

Daily exercise and stretching can improve mobility and provide relief, but what if getting down to the floor isn't an option? For the best results, exercises need a firm surface.

That's where PhysioBoard comes in—it transforms your bed into a sturdy, padded exercise space, making movement easier and more accessible.

## PhysioBoard compared to exercise tables:

- It doesn't take up floor space
- It is lightweight and portable
- It can be easily moved and stored
- It has a washable cover that is water and bacteria resistant



## Our Customers Say:

"I love my PhysioBoard so much. I'm able to very quickly put it on my bed and then I put it on the side of my bed when I'm finished with my workout. I have a very bad knee and there's no way I can go on the floor to do exercises and this item is fantastic. I really recommend it! I love it!"

"Board works just as advertised! Put it on the bed and it is very solid. Does not bend. Great alternative to an exercise table!"

## Achieve the benefits of home exercise with PhysioBoard!

Made from lightweight yet durable materials, PhysioBoard is the perfect exercise surface, turning your bed into a sturdy and comfortable space for stretching and movement.

When you're done, just slide it behind a door or tuck it away in a closet for easy storage!

