

# duraDisc™

## CARE AND MAINTENANCE GUIDE

**duraDisc™** is a versatile rehabilitation and training tool. Ideal for physiotherapists, doctors, trainers, coaches, yoga, pilates practitioners and the home exerciser.

Your **duraDisc™** is ready to use. It needs to have a negative pressure in it for maximum benefits. This means the **duraDisc™** should "hollow out" when lying flat.

YOU SHOULD NOT NEED TO ADD AIR FOR NORMAL USE.

**duraDisc™** is made of Duralon™, which is a form of PVC. It is 33cm across and 6cm deep. It comes in a variety of colours.

**duraDisc™** has a rubber grommet as a valve. When inflating or deflating the **duraDisc™** use a Needle Valve connection. Do not use Vaseline™ or any similar type of lubricant as it will corrode the rubber grommet. Be careful not to push the valve through when inserting the pump connection. Any damage to the grommet will void Warranty conditions.

### **duraDisc™ is ideal....**

#### **as a seat:**

Encourages an upright posture.  
Strengthens core muscles and assists with pain relief.  
Allows pelvic tilting

#### **for training:**

For mobilisation, strengthening, stabilisation, co-ordination, balance, and proprioception.

**as rehabilitation:** Excellent for improving proprioception and functional stability and range of motion throughout the entire rehabilitation process.

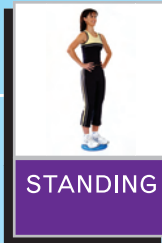


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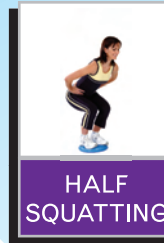
# duraDisc™ EXERCISES

## CORE & BACK STRENGTHENING (Segmental)

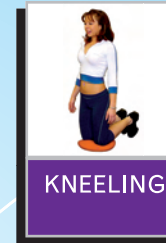
These work on the muscles around the lumbar spine.



Keep your weight evenly distributed on your feet. Try to stand up straight and tall.



Keep your weight evenly distributed. Bend at the hips and knees at the same rate.



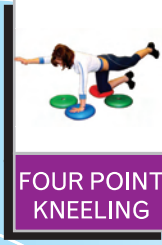
Keep your weight evenly distributed. Try to be upright and in good posture. Keeping your feet off the floor increases difficulty.



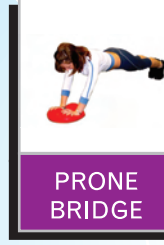
Sit on disc on a hard surface. Tilt your pelvis forwards, backwards and sideways. Try to keep your shoulders fixed.

## ABS (Anterior)

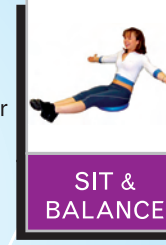
These work the muscles in the front of your trunk.



Maintain a natural curve in your spine. Lift left arm and right leg. Change.



Keep your weight evenly distributed and maintain a natural curve in your spine. Hold in this position for up to 60 seconds.



Sit on the disc. Maintain a natural curve in your spine and lift your feet off the floor.



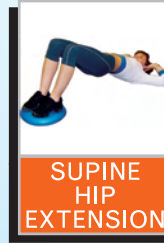
Kneel on the disc. With forearms on the ball, maintain a natural curve in your spine and roll the ball out as far as you can.

## LOW BACK STRENGTH (Posterior)

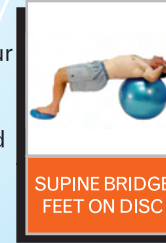
These work the muscles in the back of your trunk.



Place disc under your hips. Keep your chin in and squeeze your shoulder blades together as you lift your chest off the floor.



Keep weight evenly distributed. Use your buttocks to lift your pelvis up so that your knees, hips and shoulders form a straight line.

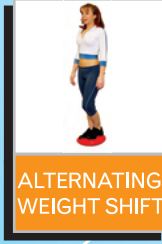


Keep your weight evenly distributed. Place your head and shoulders on the ball. Hold your body straight for 30 - 60 seconds.

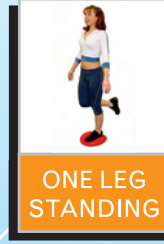
These exercises can be made more or less challenging, depending on your level of balance and fitness, eg. close your eyes to force more nervous control.

## SPORT & ACTIVITY (Lateral)

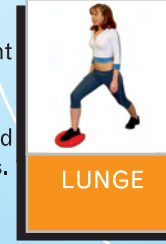
These work on the muscles across the front of the core.



Stand up straight. Keep ideal posture while you alternate weight on left and right foot.



Stand up straight and tall. Keep weight on one foot and maintain natural curves in spine. Hold for up to 60 seconds, then change legs.



Keep feet in line with your hips. With weight even on both feet, slowly lower hips down and up, while maintaining natural curves in your spine.



Maintain natural curves in your spine. With weight on one elbow, lift up through your hips so your body forms a straight line.

**IMPORTANT: IF YOU LOSE FORM, STOP THE EXERCISE. PRACTICE QUALITY NOT QUANTITY**

**We have divided these exercises into 4 categories based on stabilisation of the core musculature.**

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