



Duradisc Exercises

smart tips...

- These exercises must always be performed pain free, stop immediately if any pain occurs.
- Use slow controlled movements.
- Keep your head up - focus on a spot on the wall.
- Stabilise yourself with a wall if necessary
- Do not perform advanced exercises until your practitioner advises.

The Duradisc

Balance work is an integral component of any thorough rehabilitation program. Balance exercises have been shown to assist in the treatment of conditions such as neck & low back pain chronic ankle & knee pain & osteoarthritis. The Duradisc improves your balance skills by challenging you to maintain stability on an uneven surface.

The Duradisc

- The duradisc can be used in a sitting or standing position.
- To increase the difficulty of the exercises below, simply inflate to increase the pressure of the duradisc.
- This will make the duradisc less stable when performing the exercises.

Basic

Active sitting



Place beneath buttocks whilst sitting. Maintain a strong balanced posture & prevent air moving through duradisc. Begin with 5mins, then increase

Standing on two legs



Stand on the duradisc for 3-10mins maintaining balance and aiming to prevent air moving through duradisc. This can also be performed with eyes closed (advanced).

Walking on the spot



Establish balance standing with both feet on the duradisc. Walk on the spot on the disc.

Advanced

Standing on one leg



Attempt to stand on right leg for 10 seconds with eyes open. Then perform exercise on left leg.

Dynamic kneeling



Position your knees on duradisc. Initially balance with arms extended to the side, then attempt to place arms by side. Maintain for 10 secs.

Dynamic sitting



Sit on duradisc with feet on the ground. Extend arms out to side for balance and lift feet of ground. Stabilise using abdominal muscles.

Dynamic supine bridge



Sit in a relaxed position with your feet on the duradisc and your upper back against the fitball. Slowly raise hips by squeezing buttocks until they are aligned with your knees. Maintain balance



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How to Purchase

Duradiscs can be bought online at www.bodysmart.com.au.

Click on the online products section. Then click on the wobble board icon.

