



# & Rotational Discs

## Exercises



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# SRF Board & Rotational Disc Exercises

*FUNctionalize your exercise!*

## SRF Board

- Is an excellent tool for developing rotational stability in both the hip and shoulder joints.
- Has a role in developing rotational stability in the spine, knees, ankles and elbows.
- Exercises are performed in a weight-bearing position (closed chain), which simulates the demands of active living.
- Provides a FUNctional form of rehabilitation and fitness training.
- Friction free environment of the SRF Board also prevents excessive torque from being placed on the joints.



## Rotational Discs

- Are a useful tool for improving strength, rotational stability, balance, and Range of Motion (R.O.M.).
- Allows one to target all types of rotational movement in a variety of joints such as in the shoulder or the hip.
- Friction free – the torque being applied to the joints of the body is minimal, decreasing the strain that could lead to injury.
- Exercises can be performed in a weight-bearing manner (closed chain), which mimics the type of movements we do in our daily lives and in sports.



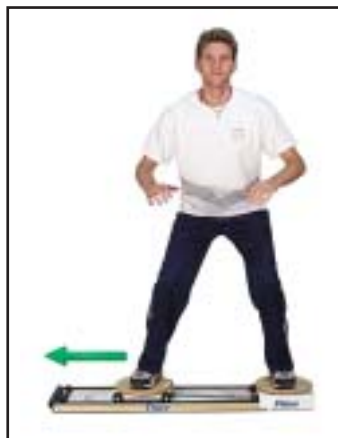
## For Rehab

Using resistance bands alone to strengthen rotational movements in either the hip or shoulder can be awkward and ineffective in improving the functional abilities of our patients and clients. Many of our daily movements require rotational stability in our hips and shoulders in a weight-bearing position (climbing a set of stairs for the hip, or pushing open a door for the shoulder). Many current rehabilitation exercises do not provide a closed chain environment in which to target the rotational stabilizers, yet daily living demands this of us. In order to achieve maximum results with our patients we need to “FUNctionalize their exercise”. The SRF Board and Rotational Discs provide the FUNctionality required to help patients return to their active lives as soon as possible.

# HIP, KNEE & ANKLE EXERCISES

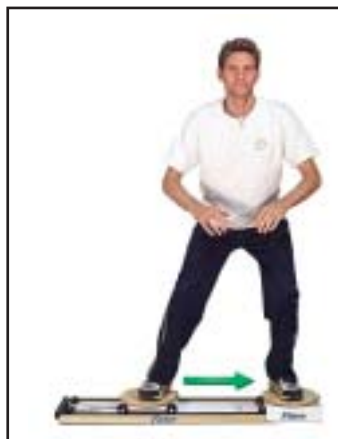
## Hip Abduction

- Set the rotational skate disc so that the bungee cords hook into the side **closest** to the rotational box disc.
- Stand on the SRF Board with one foot on each disc and the feet angled slightly out.
- Drop your hips back into a partial squat, and then begin to abduct the leg on the rotational skate disc.
- As you abduct your leg, avoid any rotational movements in either of the discs.
- In a controlled manner return back to an upright position and repeat.



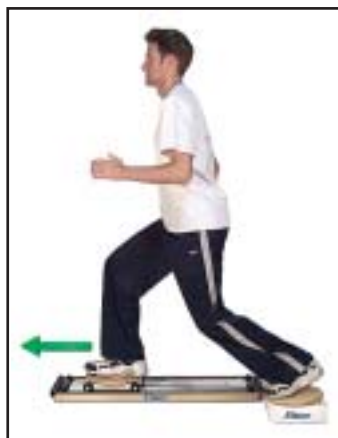
## Hip Adduction

- Set the rotational skate disc so that the bungee cords hook into the side **furthest** from the rotational box disc.
- Stand on the SRF Board with one foot on each disc and the feet angled slightly out.
- Drop your hips back into a partial squat, and then begin to adduct the leg on the rotational skate disc.
- As you adduct your leg, avoid any rotational movements in either of the discs.
- In a controlled manner return back to an upright position and repeat.



## Lunge

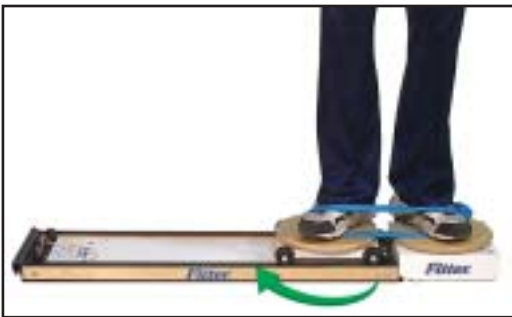
- Position the rotational box disc so that it is to the side and behind the end of the SRF Board.
- With one foot on each disc, push off the back disc and lunge forward with the front leg until you reach a 90 degree angle with the front knee.
- Do not allow rotational movement to occur in the discs as you lunge.
- In a controlled manner return back to an upright position and repeat.



## Hip Extension

- Position the SRF Board in the same manner that it was positioned with the lunge exercise.
- Stand facing away from the board with one foot on each rotational disc and drop your hips into a slight squat position.
- Extend your hip and straighten the back leg while avoiding any rotational motion in the discs.
- Do not arch through your lower back.

*Note: change your positioning slightly to target different muscles such as the gluteus medius, a key hip stabilizer.*



With Rotational Discs only

## External Hip Rotation

- Position the rotational skate disc so that it is on the same side as the rotational box disc.
- Stand with one foot on each disc.
- Wrap a length of Thera-band around each foot.
- Rotate the feet out against the resistance of the Thera-band, use a controlled movement to move the feet back in, and repeat.
- This is an excellent way to target external hip rotators in a closed chain position!



With Rotational Discs only

## Internal Hip Rotation

- Lock the skate disc so that it is unable to rotate.
- Attach a length of Thera-band to a fixed object near the SRF Board.
- Stand with one foot on each rotational disc, and attach the Thera-band to the foot that is on the non-locked rotational disc.
- Rotate the foot inwards, then control back out and repeat.
- This is an excellent way to target internal hip rotators in a closed chain position!

# SHOULDER, ELBOW & WRIST EXERCISES

## Horizontal AB/ADduction

- Place yourself into a modified push up position with one hand on each disc.
- Set the bungee cords to provide resistance against either abduction or adduction.
- Horizontally abduct and adduct the arm trying to stabilize the rotation of the discs.
- If you want to make this exercise more dynamic, externally rotate the shoulder during abduction, and internally rotate the shoulder during adduction.
- You can also increase the difficulty by switching from a modified push up to a full push up position.



## Flexion/Extension

- Place yourself into a modified push up position.
- Set the bungee cords to provide resistance against either flexion or extension.
- Flex and extend the shoulder while stabilizing the rotation of the discs.
- Increase the difficulty by switching from the modified push-up to a full push-up position.



With Rotational Discs only

## Side Arm Hold

- Use one rotational disc and bring your body onto its side.
- Place the hand of your lower arm on the center of the rotational disc.
- Straighten your lower arm so that the arm supports your upper body. Pivot from your knees.
- Pull your shoulder back and down slightly.
- Hold position until fatigued.
- To increase the difficulty, change the pivot point from your knees to your feet.
- For a more dynamic exercise, internally & externally rotate your arm.

These exercises are just a small sample of the exercises that can be performed on an SRF Board. The versatility of the SRF Board allows for an endless variety of exercise possibilities to meet your patient or client's specific needs.

# ROTATIONAL DISC EXERCISES

## 2-Legged Swivels

- Place the discs about shoulder width apart.
- Stand on the discs with one foot on each disc.
- Bend both knees slightly.
- Rotate to one side using both legs, decelerate and then rotate back to the other side.
- As you are rotating try to keep your pelvis and shoulders in line with each other so that you are not twisting in the spine. This will help to target rotational stabilizers throughout the spine and hips.
- To increase the difficulty either increase your speed of rotation or hold a medicine ball out in front of you to increase required momentum demands.



## Rotational Spins

- Place one foot on a rotational disc and the other on the floor.
- Push lightly with the ground foot to initiate your momentum.
- Rotate around 360 degrees placing your free foot back onto the ground to stop your motion.
- When rotating, lead with your shoulders, stay tall in the body and keep your knee slightly bent.
- To avoid getting dizzy, spot with your head. Do this by focusing on a point in front of you. When you spin, keep your eyes on this point as long as possible. When you can no longer keep your eyes on it, spin your head quickly and regain your focus on the point.
- To increase your difficulty, try to increase the number of turns you do (use a spotter for this exercise).



Whether developing exercises for fitness, rehabilitation or dance, the Rotational Discs are an excellent tool to have. Only your imagination will limit the exercise possibilities and nothing will limit the fun!

## More FUNctional products to keep you in your game!



Wobble Board Kit



*BoarDRoCK*



Bongo Board



Pro Fitter® 3D Cross Trainer

For additional information, questions or comments, please call us at  
Australia 1300 790 900 or visit us at [www.aokhealth.com](http://www.aokhealth.com)

**DISCLAIMER:** Do not use our equipment without a complete understanding of its intended purpose and function. By using our equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use Fitterfirst products in a safe, clear area on a flat, dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.



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