



Exercise Manual

Stabilization Rotation Function



FUNctionalize your exercise!

The SRF Board is an excellent tool for developing rotational stability in both the hip and shoulder joints, and can also provide a role in developing rotational stability in the spine, knees, ankles and elbows. The exercises are performed in a weight-bearing position (closed chain), which simulates the required demands of active living. This provides a FUNctional form of rehabilitation and fitness training. The friction free environment of the SRF Board also prevents excessive torque from being placed on the joints.

For Rehab – Using resistance bands 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 (for example: climbing a set of stairs for the hip, or pushing open a door for the shoulder). Many of our 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 provides the FUNctionality required to help patients return to their active lives as soon as possible.

Using the SRF Board *for dancers*

- The **SRF Board** is used by placing the feet on the two discs and pushing the limbs apart or pulling the limbs together --- with or without disc rotation. It is strongly suggested that you begin using the **SRF Board** with the easiest settings, using a handrail or barre. Begin working for a very short time during the initial stages of training to avoid inappropriate amounts of muscle soreness 1-2 days later.
- Always step onto the **SRF Board** by placing your foot on the non-sliding ‘BOX’ disc first. Always step off of the **SRF Board** by removing your foot from the sliding ‘SKATE’ disc first.
- Familiarize yourself with the different ways to control the level of difficulty prior to using the **SRF Board**. Use the chart below. Begin your training with the mechanisms set in the “easy” position.
- Notice that bringing the limbs together generally requires more effort than pushing them apart. See facing page for explanation.

Mechanism		Easy	Moderate	Difficult
Lock out pins		Both discs locked out	One disc locked out	Both discs free to rotate
Bumpers		Very limited distance the skate disc can travel	Moderate amounts of distance the skate disc can travel	Large amounts of distance the skate disc can travel
Resistance Cords	Pulling limbs together with body weight falling between the discs	3-4 cords which are HELPING bring the limbs together	1-2 cords which are HELPING bring the limbs together	1-4 cords which are RESISTING bringing the limbs together
	Pushing limbs apart with body weight falling between the discs	1-2 cords which are RESISTING pushing the limbs apart	2-3 cords which are RESISTING pushing the limbs apart	3-4 cords which are RESISTING pushing the limbs apart
	Weight remains over the supporting leg	1-2 cords	2-3 cords	3-4 cords

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.
- Repeat in a controlled manner.



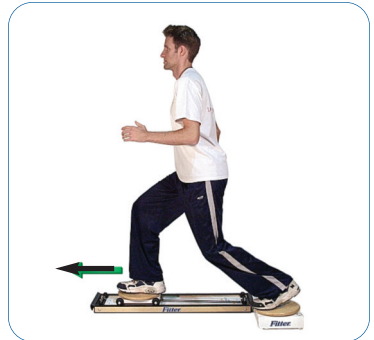
Hip Adduction

- 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.
- Repeat in a controlled manner.



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

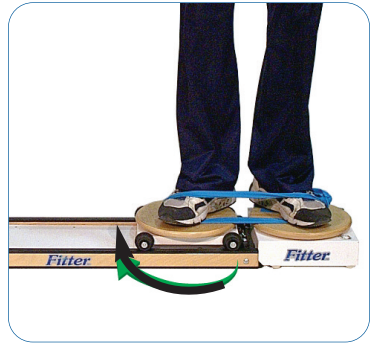
- Position the SRF Board in the same manner that it was positioned with the lunge exercise.
- Stand facing away from the board with one foot on each rotational disc and drop your hips into a slight squat position.
- Extend your hip and straighten the back leg while avoiding any rotational motion in the 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.



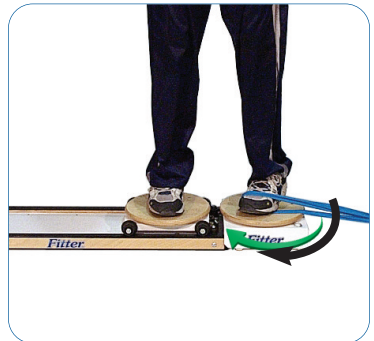
External Hip Rotation

- 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!



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!



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.

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.



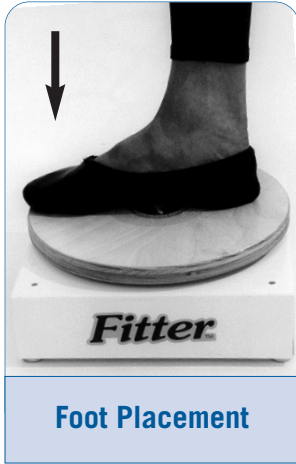
Side Arm Hold

- Use one rotational disc and bring your body onto it's 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.



Getting Started *for dancers*

- Remember to maintain your posture and movement intention on the SRF Board as you would in dance class.
- Alternate legs regularly, making sure both legs work both on the 'BOX' disc and the 'SKATE' disc.
- For most of the exercises you will be maintaining your body weight equally between the two discs. Therefore, when the sliding disc moves the center of your body should also move.



Foot Placement



Requires MORE Turn-out



Requires LESS Turn-out

Foot Placement on the DISCS

The feet should be placed such that a point just in front of the ankle (the middle of the arch) falls through the center of the disc.

'BOX' Disc Placement for Fourth Position

The 'BOX' disc can be attached directly in line with the track of the SRF Board or slightly to the side as shown above. Make your decision based on your level of turn-out and your ideas regarding the appropriate amount of "crossing" that should occur in fourth positions.

Stabilization

Unique weight bearing exercises for proximal stability.

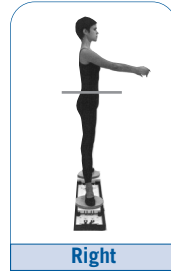
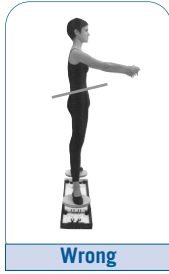
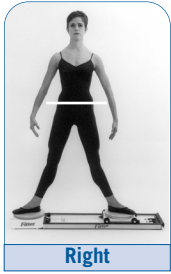
Rotation

Discs provide friction - free environment encouraging appropriate "turn-out" muscles while decreasing torque at the knee.

Function

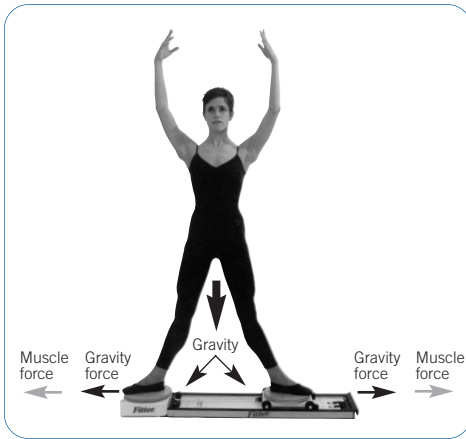
Dance specific functional exercises as well as complementary cross-training exercises.

Keeping the Pelvis Level



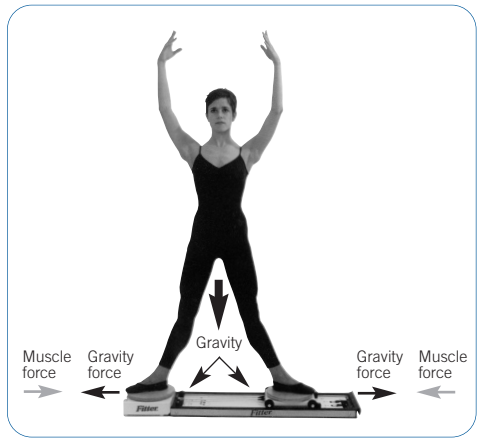
PUSHING the discs apart versus PULLING the discs together

When the weight of the body is falling between the discs, pulling the discs together requires greater muscular effort than pushing the discs apart. Remember this when adjusting the number of resistance cords as well as whether the cords are Helping or Resisting your efforts as in the chart on page 2.



Pushing the limbs apart.

Gravity acting on the body always tends to push the discs part. Therefore, pushing the discs apart requires less effort from the muscles.



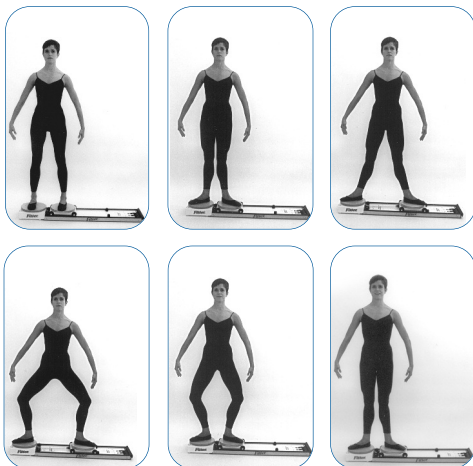
Pulling the limbs together.

As before, gravity acting on the body always tends to push the discs apart. Therefore, pulling the discs together requires much more effort from the muscles as they are fighting the efforts of gravity.

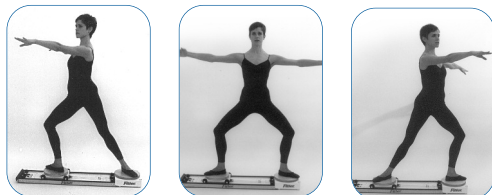
SRF Board Exercises *for dancers*

When the weight of the body is falling between the discs, pulling the discs together requires greater muscular effort than pushing the discs apart. Remember this when adjusting the number of resistance cords as well as whether the cords are Helping or Resisting your efforts as in the chart on the facing page.

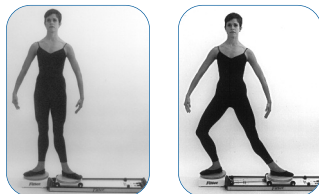
EXERCISE 1 For first time users set the cords to 'ASSIST' bringing legs together. Begin in parallel. Turn the discs out using the hip muscles. Allow the discs to separate in a fluid, controlled motion keeping the body weight centered between the two discs. Plié. Bring the discs together. Reverse the order. Alternatively, you can move the discs out in parallel prior to turning-out, and/or keep legs straight through entire exercise.



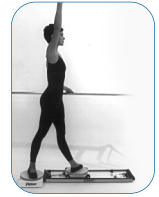
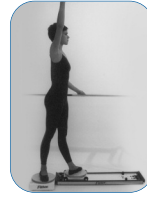
EXERCISE 2 Begin in first position and push or pull the skate to a comfortable second position as in middle figure. Keep the skate disc motionless while pivoting and pliéing to right and left lunge positions.



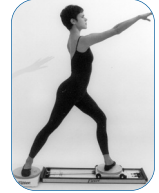
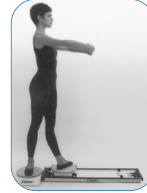
EXERCISE 3 Begin in first position. Keep weight primarily over standing box disc leg and plié standing leg. Allow resistance cords to assist descent and ascent.



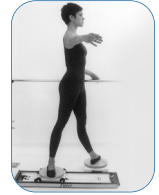
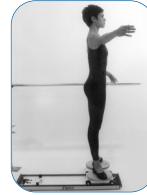
EXERCISE 4 Align boxes as appropriate for your turn-out (see Getting Started). Keep legs straight and slide front foot forward. Allow body weight to move forward slightly so that it remains between the discs. Stop forward motion when pelvis can no longer stay “squared”.



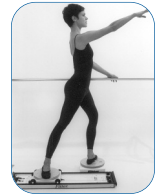
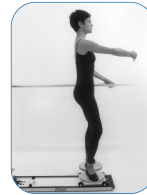
EXERCISE 5 As in Exercise 4, but as you slide front foot forward plié in a fluid and controlled manner and bring weight of body forward over front leg.



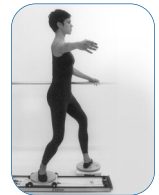
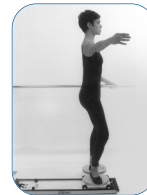
EXERCISE 6 Keep legs straight with equal weighting on each leg. Slide leg backwards while keeping pelvis “square” and weight equal between both legs.



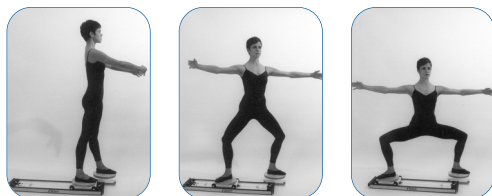
EXERCISE 7 Begin in plié. Move leg backwards while straightening the knee. Keep weight of body primarily on box stance leg which remains in plié.



EXERCISE 8 Begin and remain in plié for entire exercise. Move leg backwards keeping body weight centred between the discs.



EXERCISE 9 Advanced exercise. Begin in parallel. Open into second position while beginning to plié. Focus on turn-out starting at the hip. End with a deep second position plié.



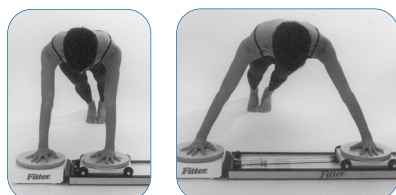
EXERCISE 10 Lock out skate disc and place the resistance cords to resist pushing the skate disc away. Place balls of the feet on skate disc and slowly push away. Keep the abdominal muscles “lifted” and engaged as you move into the “push-up” and the arch positions.



EXERCISE 11 Set the cords to pull the disc away from you. Kneel at the end of the board and reach out to the disc so your arms are fully extended. Initiate the movement in your abdominal muscles and curl your spine while pulling the hands towards your knees. Let your neck curve forward. Reach out again and return adding a twist to the right or left as pictured.



EXERCISE 12 Assume traditional “push-up” position with hands on discs. Place feet together in line with the skate disc. Push discs apart maintaining a neutral spine position with the abdominal muscles engaged.



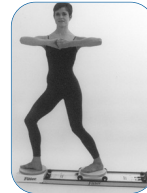
EXERCISE 13 Keep feet parallel and place ball of back foot central on skate disc. Keep body weight primarily over front leg. Plié on front leg while pushing back leg out. Keep front lower leg vertical. Front leg can remain in plié while flexing and extending back leg, or, back leg can be kept straight while pliéing up and down on front leg.



EXERCISE 14 Place resistance cords to resist pulling skate toward you. Start as in middle figure with feet in parallel. Pull skate disc toward you as you turn your foot in or out. Keep the pelvis “square” to the front and level and stay well-supported on the stance leg.



EXERCISE 15 Push or pull skate disc to a comfortable position. Keep the skate disc motionless while rotating the pelvis right and left.



Other cool gear to keep you in your game!



Rotational Discs



Wobble Board Kit



Pro Fitter® 3D Cross Trainer

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