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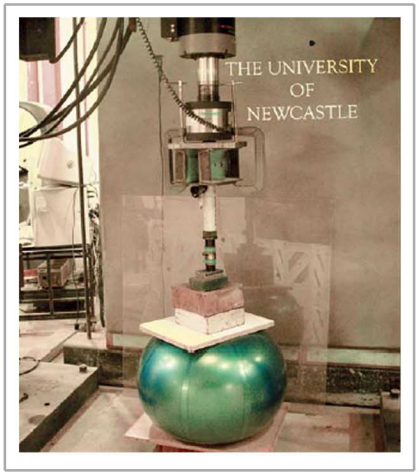
DuraBall

DYNAMIC TESTING PERFORMED

a gravity load test for burst resistance" and "deflection resistance".



HYDRAULIC "STATIC AND CYCLIC" LOAD TESTING PERFORMED

to investigate "return to round" and "deflection rate" under load.

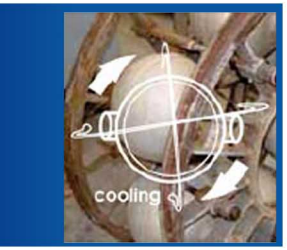
EXERCISE
improve posture
SITTING
strength training
stabilisation
stretching
CHALLENGE
REHABILITATION
training

AUSTRALIAN MADE
Australian Made, global quality

TECHNICAL INFORMATION

HQH
HIGHEST QUALITY HEALTH

DURABALL PRO SWISS BALL Manufactured by AOK Health



Innovative Design

AOK's Exercise Engineering Department provides a unique skill base to evaluate and/or design the tools and techniques of product development. This includes knowledge of the physiological response of the body when exercising or performing simple functional tasks and interacting with various kinds of equipment.

By fostering research within AOK and with Universities across Australia, AOK continue to develope a wide range of creative, analytical, experimental and practical skills to deal with the many problems that must be overcome to improve function control, balance and skill acquisition for rehabilitation, fitness, well-being or sporting performance.

Innovative Materials

A 5-year evaluation program at the University of Newcastle helped in the development of Duralon, a form of PVC. Duralon is ideal for rotational moulding. This is the process used for hollow objects such as the DuraBall, massage balls, Dura Disc and medicine balls. Rotational moulding is carried out in four steps.

What is Rotational Moulding

First, the required weight of Duralon (each ball size is different) is placed into the mould which is then closed. While rotated around two rotational axes the mould is first heated to the melting and curing temperature of the plastic. Then it is cooled before opening and the finished DuraBall is removed, then inflated and tested. It is then inspected, vacuum deflated and packed for shipment.

Unique Production Control

Each AOK packaged ball is identified with a Batch Number and Manufacture Date to enable AOK to monitor production quality of the balls. AOK is the only Swiss Ball provider in the world to provide this level of quality assurance.

AOK commenced its Swiss ball development and testing program in 1996. The University of Newcastle was selected because of its international reputation in materials testing. Testing protocols have been devveloped which are considered the best in the world for inflatable PVC products.

Since then the DuraBall has been tested to ensure product consistency and evaluate new manufacturing protocols. These Swiss Balls have variously supported static loads well in excess of 4,000 kilograms with burst-resistance to a load of 1,000 kg. This does not mean "puncture proof" but helps protect you from explosive deflation. Burst resistance means the DuraBall is designed to slowly deflate if accidentally punctured. AOK also test for deflation under load and durability. They also cyclic test the balls by loading/unloading approximately 500kg of force in excess of 500 times over a 2 hour period.

No Swiss, Therapy or Exercise Ball is 100% safe as it is not possible to destructively test every single ball. By having an ongoing Quality control program in place AOK endeavours to reduce the risk of ball failure.

AOK pre-inflate and inspect every ball prior to packaging to achieve the highest quality product for their customers.

It is critical that the user cares for the balls they use - much like maintaining a car tyre. The more hours of use and abuse it gets - the shorter its life. This is especially so in a commercial environment where there is little supervision this may be reduced to 3 months or less. This is a result of the balls being kicked around and striking sharp edges, which damages the inner surface of the skin - not always apparent from the outside. These leave resulting fracture lines which may totally reduce its burst resistant qualities.

In professional environments such as gyms, the batch number and inflation date should be marked on every ball. In addition, a procedure should be pu in place to ensure that the balls are checked on a regular basis (recommended monthly) for marks and inflation.