

Therapy Ball Exercises (Guide #1)

Two-Foot Bridging with Bench: Try to have as little of your shoulders touching the bench as possible. At all times make sure your back is straight and in line with your thighs. To challenge yourself bring your feet closer together and arms closer to your body.



One Foot Bridging with Bench: Try to have as little of your shoulders touching the bench as possible. At all times make sure your back is straight and in line with your thighs. To make it easier, stretch some elastic tubing between your hands. This will contract muscles in your back and help stabilize your torso.



One Foot Bridging with Ball: Try to have as little of your shoulders touching the ball as possible. At all times make sure your back is straight and in line with your thighs. To make it easier, stretch some elastic tubing between your hands (seen in diagram 1). Progress to the point where you no longer need tubing to maintain the position (diagram 2).



One Foot, High Foot Bridging with Ball: Try to have as little of your shoulders touching the ball as possible. Raise one leg into the air, while keeping your knee straight. Make sure your back is straight and in line with the high of the supporting leg. To make it easier, stretch some elastic tubing between your hands.

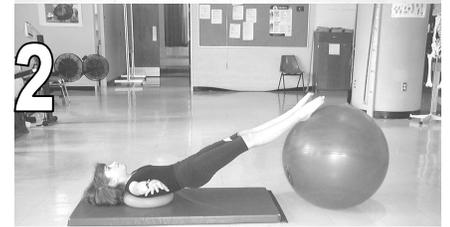


Progress to the point where you no longer need tubing to maintain the position.

Bridging with a Sit-Fit and Ball: Try to have as little of your shoulders touching the ball as possible. Begin with your feet far apart or even with only one foot on the Sit-Fit. Progress to where your feet are close together, then one on top of the other, and finally only use one foot for support.



Supine 'Lying' with Ball: Begin by using your arms on the floor for support and your feet far apart on the ball. As you get better, try to have as little of your arms and shoulders touching the floor and move your feet closer together. Keep your body legs and trunk in line - "as straight as a board". As you get better, try the using a Sit-Fit under your shoulders (diagram 2).



Supine 'Lying' with Ball and Weight: While in the same position as the above exercise, hold a weight in one of your hands. With a straight arm, lower the weight out to the side and then bring the weight back up, in front of your body. Alternate the weight to the other hand and do the movement again. To increase the difficulty bring your feet closer together, use a heavier weight and/or move your arms faster.



Prone Hand Supported 'Lying' with Ball: Begin with your hands and feet wide apart. As you get better, bring your arms and feet closer together. Try doing push-ups can be done in this position. Remember to keep your back in line with your legs.



'Donkey' with Ball: Begin with your hands and feet wide apart. As you get better, bring your arms and feet closer together. To make it harder, try to have only your toes touching the ball.



Prone 'Lying' - Airplane: Begin with your hands and feet far apart for balance. As you get better, bring your arms and feet closer together. Keep your back straight.



Supine 'Lying' - Luge Run: Begin with your hands and feet far apart for balance. As you get better, bring your arms and feet closer together. Keep your back straight and legs in-line with your trunk.



Hand Support Prone 'Lying' with Ball: Begin in kneeling position with the ball in front of you. Climb over the ball so your chest is on the ball. 'Walk-out' on your hands from the ball, let the ball roll down your legs. Do a push-up and walk back to the ball. As you get better, 'walk' further out from the ball. Try to have only your toes touching the ball when you do your push-up.



High Sitting with Ball: Begin with your hand on the ball for support. As you get better, remove your hands from the ball. Finally, try sitting with your arms crossed in front of you.

Long Sitting with Ball: Same as the exercise above only your legs are extended in front of you. Begin with your hand on the ball for support. As you get better, remove your hands from the ball. Finally, try sitting with your arms crossed in front of you.



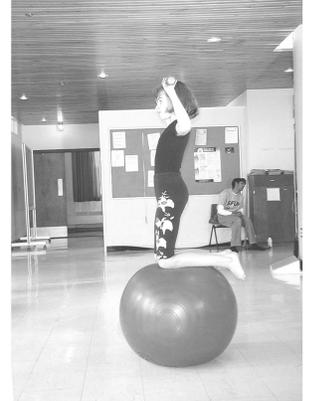
Four Point Kneeling with Ball: Begin by standing with your hands on the ball. Touch your knees to the side of the ball and then roll the ball forward (you should now be on top of the ball). To make it harder, move your hands and knees closer together.



Two Point Kneeling with Ball: Begin by standing with your hands on the ball. Touch your knees to the side of the ball and then roll the ball forward (you should now be on top of the ball). Roll further forward and remove your hands from the ball. For more stability, stretch some rubber tubing between your hands (diagram 2). To make it harder, bring your knees closer together.



Two Point Kneeling with Ball and Weights: Begin by standing with weights in your hands and your hands touching the ball. Touch your knees to the side of the ball and then roll the ball forward (you should now be on top of the ball). Roll further forward and remove your hands from the ball. Move the weights randomly up and down, left and right. To make it harder, bring your knees closer together, move the weights faster and/or use bigger weights. It is recommended for safety, to increase the weight only as your last step in advancing the progression.

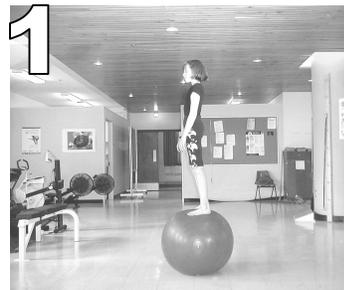


Dumb Bell Shoulder Press, Two Point Kneeling with Ball: Begin by standing with weights in your hands and your hands touching the ball. Touch your knees to the side of the ball and then roll the ball forward (you should now be on top of the ball). Roll further forward and remove your hands from the ball. Keeping your back straight, raise the dumb bells from your shoulders, straight up over your head.

Squats, Two Point Kneeling with Ball: Begin by standing with your hands on the ball. Touch your knees to the side of the ball and then roll the ball forward (you should now be on top of the ball). Roll further forward and remove your hands from the ball. From the kneeling position lower your bum to your heels and then return to kneeling. To make it harder, bring your knees closer together.



Standing on the Ball: Begin from a four point kneeling position. Move to your feet with your hands still on the ball. Release hands from ball and stand up. For more stability, stretch some rubber tubing between your hands (diagram 2).



Squats, Standing on the Ball: Begin from a four point kneeling position. Move to your



feet with your hands still on the ball. Release hands from ball and stand up. Try to squat as low as possible and then return to standing.

Standing on the Ball with Weights: Begin from a four point kneeling position with weights in your hands. Move to your feet with your hands still on the ball. Release hands from ball and stand up. Move the weights randomly up and down, left and right. To make it harder, bring your feet closer together, move the weights faster and/or use bigger weights. It is recommended for safety sake, to increase the weight only as your last step in advancing the progression.



Quadruped on the Ball: From a four point kneeling position, raise one arm and the opposite leg. Keep your butt and back straight and in line.



Catch and Toss on a Ball: Have a partner throw a ball to you while you are standing on the ball. To make it harder, catch the ball and throw the ball away from the mid-line of your body. Try to randomize where the ball is caught and thrown. Use both left and right hands for throwing. A heavier ball will also make it harder.

