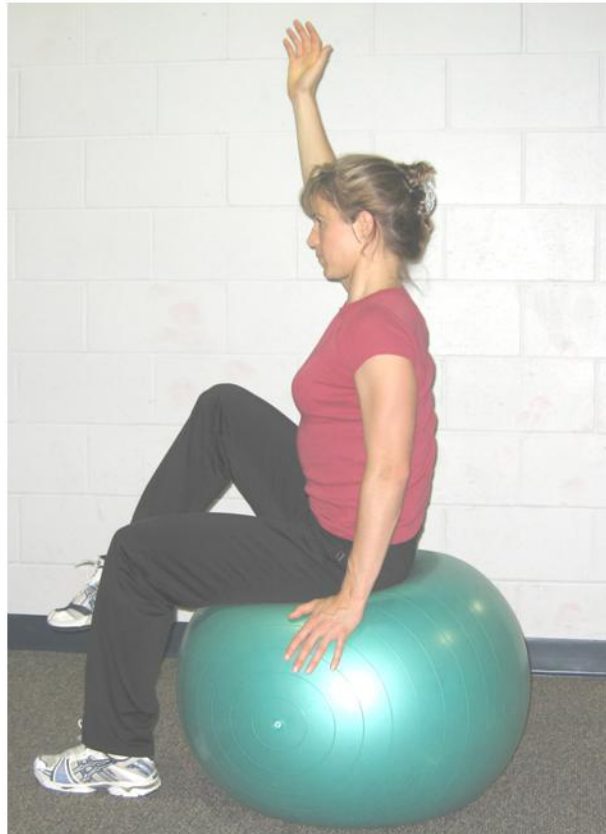


Exercise Ball Class



Ramsey Rehab

General Information

Ball Size

- Ball size is determined by height, weight, and goals for exercise
- Small ball has less surface area, requires more energy to maintain balance
- Fully inflated ball moves quicker and challenges balance reactions
- Ideally, when sitting on the ball with feet flat, the hips and knees should form a 90 degree angle

- Size Guidelines
 - 45 cm ball for less than 5'0"
 - 55 cm ball for 5'0" to 5'7"
 - 65 cm ball for 5'8" to 6'3"
 - 75 cm ball for over 6'3"

Stretching Guidelines

- Hold each stretch into a level of comfortable “pull”, not pain
- Hold stretch for 15 to 20 seconds... No bouncing!
- Release stretch slowly
- Repeat stretch to each muscle group 2 to 3 times

Strengthening Exercises

- Exercises should challenge your muscles! It is okay to feel a “muscle burn” or fatigue. This means your muscles are being used in the correct way. If you have true pain, STOP the exercise!
- Start with 10 repetitions of each exercise you choose to do.
- Each exercise session, add 5 more repetitions until you are able to complete 30 repetitions (3 sets of 10).
- When 30 become easy, it is time to challenge yourself by changing the exercise or adding new ones.
- Perform strengthening exercises every other day, giving your body about 48 hours to recover between workouts.
- You will see results with exercise sessions of 2-3 days per week.
- Remember, the only way to maximize your results from exercise is to perform some type of cardio exercise 4-6 times/week (walk, run, cycle, swim, hike, etc) AND eat an amount appropriate for your body and activity level... a calorie is a calorie! Eat the calories that actually help your body and then start burning them up with exercise!

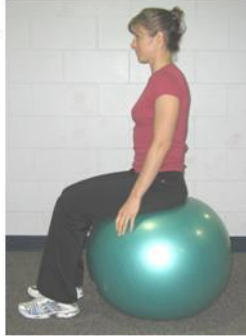
Questions

If you have any questions about selecting a ball or performing any exercises please contact Sarah Malatos, PT, DPT at the Leominster Ramsey (978) 466-6677.

Balance and Postural Awareness

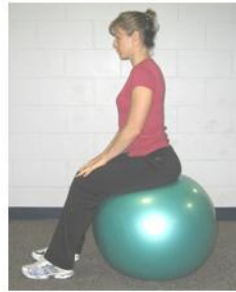
Sitting Balance

- Sit on ball with toes pointing forward. Align knees over feet. Find your center of balance on the ball. Maintain natural curve in back.
- Try doing computer work or watching tv from this position while maintaining good posture and engaging abdominal muscles

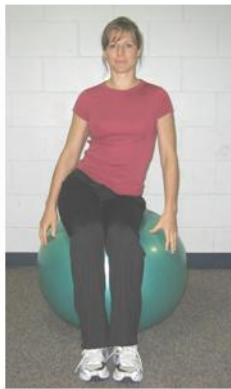


Pelvic Tilt

- Sit on ball in neutral position. Roll ball backward as hips tip forward, slightly arch back. Return to neutral. Roll ball forward as hips tip back.



- Return to neutral. Roll ball from side to side by shifting weight from right hip to left hip.



Pelvic Circles and Figure Eight Pelvic Rotations

- Sit on ball in neutral position. Rotate hips clockwise then counterclockwise.
- Now try drawing a figure “8” initiating movement from the hips. Repeat clockwise then counterclockwise.



Bouncing

- Sit on ball in neutral position. Bounce on ball keeping abdominals tight.

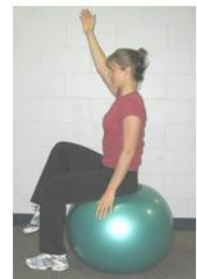


Marching

- Sit on ball in neutral position. Straighten one knee. Hold then lower. Repeat with opposite leg. Keep abdominals tight.



- Sit on ball. Raise right arm and left knee. Lower. Repeat with opposite arm and leg.
- Repeat lifting right arm and right knee. Lower. Repeat with opposite side.



Stretching

Chest Stretch

- Lie on your back over ball. Reach arms out to sides. Hold. Then reach overhead. Hold.



Side Stretch

- Kneel. Place ball alongside of body. Stretch over ball with arm overhead. Keep bottom leg bent, straighten top leg. Hold. Repeat with opposite side.



Shoulder Stretch

- Kneel. Sit back on heels. Place ball in front of you and hands on top of ball. Roll ball away from body keeping arms straight. Hold.



Trunk Extension Stretch

- Lie on your back over ball. Raise arms overhead and straighten legs out. Hold.



- Roll ball to side and hold. Repeat to opposite side.



Trunk Flexion Stretch

- Kneel. Lie with abdomen on ball. Curl over ball and relax arms and neck. Hold.



Hip Flexor Stretch

- Sit on ball. Slide one leg behind ball. Straighten back leg, keep front leg bent. Hold. Repeat with opposite side.



Low Trunk Rotation

- Lie on floor on back with legs on ball. Roll ball from side to side using knees and hips to initiate movement.



Hamstring and Calf Stretch

- Sit on ball. Straighten one leg and pull toes up toward ceiling. Lean forward and place hands on bent knee. Hold. Repeat with opposite side.



Basic Strengthening Exercises

Crunch

- Lie on ball on your back. Let hips sag. Place hands behind head. Lift head and shoulders off ball.



Bridge

- Lie on back with legs on ball, knees slightly bent. Lift hips off floor.



- Lie on back with legs on ball, knees straight. Lift hips off floor.



Hip Extension

- Kneel. Lie with abdomen on ball. Extend one leg back. Repeat with opposite leg.



Wall Squat

- Stand with feet shoulder-width apart. Place ball between small curve of back and wall. Bend knees and squat, keeping knees aligned over toes. Return to standing slowly and repeat.



Shoulder Rows

- Kneel. Lie with abdomen on ball. Bend elbows. Pull elbows upward toward ceiling. Lower and repeat.



Shoulder Extension

- Kneel. Lie with abdomen on ball. Raise both arms toward hips and squeeze shoulder blades together. Lower and repeat.



Advanced Strengthening Exercises

T and Y

Kneel. Lie with abdomen on ball. Pinch shoulder blades down and back and tuck chin slightly. Lift both arms up in a “T” position. Lower and repeat.



From same position, lift arms directly out to sides in a “Y” position. Lower and repeat.



Bridge with feet on ball

Lie on back with feet flat on ball. Lift hips



Leg and Arm Lift

Kneel. Lie with abdomen over ball. Lift one leg back and opposite arm overhead. Lower and repeat with opposite arm and leg.



Wall Pushup

Stand a few feet away from a sturdy wall. Hold ball at shoulder height against wall. Tighten stomach muscles, then bend elbows and lower chest to ball. Push away and repeat.



Reverse Trunk Extension

Kneel. Lie with abdomen on ball. Place hands on floor. Squeeze buttocks and lift both legs off floor.



Push up Plus

Place ball at base of wall. Place hands on ball and feet on floor, hold a plank position. Bend elbows and lower chest to ball. Push away as far as you can, pause, then lower and repeat.



Diagonal Arm Lifts

Sit on ball. Clasp hands together and place by right knee. Lean back and raise hands over left shoulder. Repeat to opposite side.



Praying Mantis

Kneel. Clasp hands. Lean forward and place bent elbows on ball. Roll ball forward with elbows. Return to starting position.



Diagonal Crunches

Lie on ball in bridge position. Let hips sag slightly. Place hands behind head. Lift head and shoulders off ball while twisting right or left.

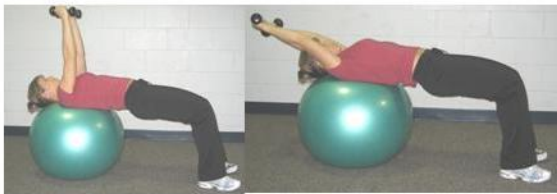


Plank Exercises

Lie on ball in bridge position. Walk feet out until only shoulders and head are on ball. Tighten abdominals and hold.



Hold weights in hands and reach up to ceiling and then reach overhead, keeping abdominals tight.



Lower Twist

Lay on back on floor. Hold ball between feet and lift legs toward ceiling. Rotate legs and ball right then left keeping abdominals tight and back flat against floor.



Upper Twist

Lay on back on ball. Arms pointed to ceiling. Rotate upper body and shoulders to left, pause then return to right side. Repeat.

