

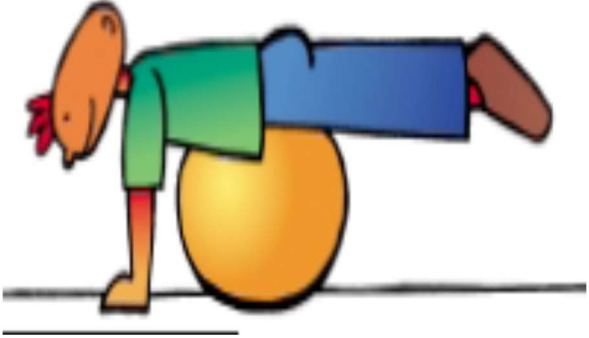


Therapy Ball Activities

Activities on a therapy ball can help to improve balance, posture and stability, as well as body awareness. When sitting on the therapy ball make sure that hips are inline with knees and that ankles are directly inline with knees. Feet should be flat on the floor and hip width apart (unless otherwise stated). Hold each exercise for as long as possible, repeat several times.

<p>1: Sit up nice and tall on the therapy ball, and begin to gently bounce keeping both feet on the floor.</p> <p>Progression: Sitting on the ball, lift one heel off the floor, place down then lift other heel – moving onto raising foot with leg extended.</p>	
<p>2: Sit on ball (good posture) and proceed to throw a ball or beanbag at the target (bucket, bin, basket etc).</p> <p>Progression: Increase the distance of the target, and if possible throw ball between two people instead.</p>	
<p>3: Lie across the therapy ball, keeping knees straight and supporting yourself with hands flat and fingers pointing forward. Hands should be directly under the shoulders, keeping head in line with spine. (Don't lock elbows).</p> <p>Progression: Try an activity in this position such as a jigsaw.</p>	
<p>4: Lie across the therapy ball as exercise above. Walk hands forward so your legs are on the ball, supporting yourself on your hands, then move back slowly until your stomach is over the ball again.</p> <p>Progression: Move further forward to challenge stability and strength.</p>	