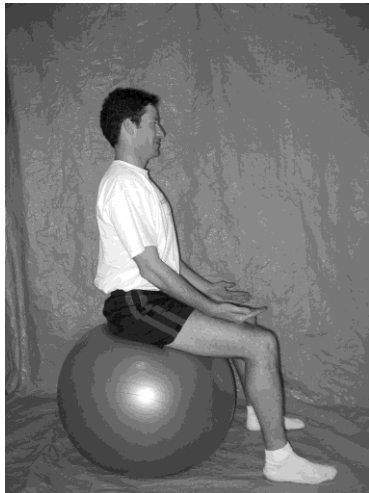




THERAPY BALL EXERCISES

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805-543-8688



USING THE THERAPY BALL

- Step 1: Buy a ball that allows a 90° bend in both knees and hips when sitting
- Step 2: Go to gas station and blow up ball. Ball will stretch over time
- Step 3: Sit on Ball
 - Begin with a terrible posture and then head in the opposite direction
 - Knees should be bent at 90 degrees
 - Place both feet on the ground pointing straight ahead
 - Shoulders should be back and down
 - Relax hands on lap, palms up
 - Bring chin back so head is over shoulders
- Step 4: Start Bouncing
 - Begin with 30 seconds, maintaining good posture. Progress to 1-3 minutes without losing posture.

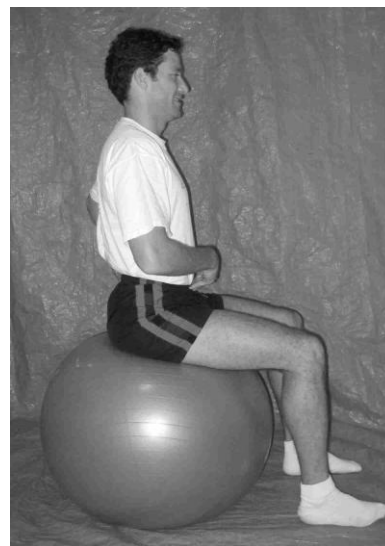
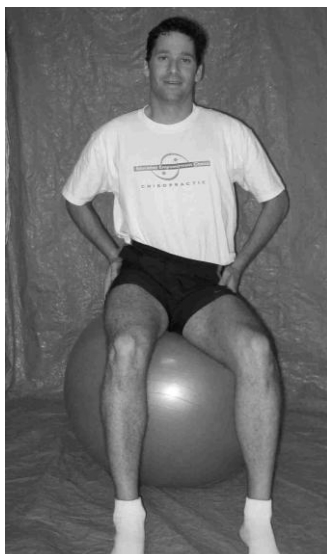
1 LEG BALANCE (STORKS)

- Place hands on hips
 - Raise right leg slowly towards 90°
 - Build up to balancing on one leg for 30 seconds
- Repeat on right leg. Also perform with eyes closed*

HIKES

- Assume proper seated position on ball
- Place hand on hips for added feedback
- Keep shoulder level
- Hike right hip up and then left hip up.

Repeat 15-30 times or as prescribed



TILTS

- Assume proper seated position on ball
 - Place hands in front and in back for feedback
 - Rock hips forward and then back
- Repeat 15-30 times. Or as prescribed*