

Physiotherapy

Using a gym ball

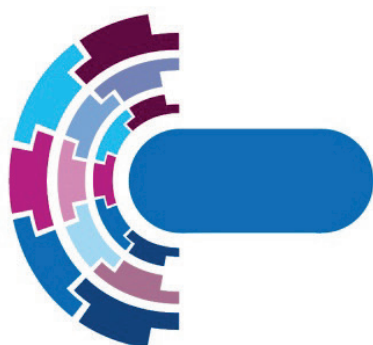
This programme offers exercises to aid your fitness and wellbeing. It is provided by KMPT Physiotherapists. As we have not met you or assessed your personal fitness level and risk factors, please ensure that you check with your doctor or medical professional to complete the 'fitness to exercise' assessment form prior to starting this exercise routine.

If you feel dizzy, experience pain or any new symptom during exercise, please stop immediately and seek advice from your Doctor.

These exercises are great for your posture and help if you have a sore back!

Photos taken from www.exercise-ball-exercises.com where you can find even more ideas!

With special thank to Anna Hargrave, Anna Verdeuzeldonk and Kathryn Harris for putting together this document.



Brilliant care through brilliant people

Sitting exercises

Tips

Sit up straight

Shoulders back and down

Feet hip width apart

Hands resting on your knees



1. Roll the ball back and forward

- Keep your upper body and head still.
- Pull in your tummy muscles to tuck your bottom underneath and roll the ball forward
- Then roll the ball back and sit up tall.
- Repeat 20 times.

2. Roll the ball side to side

- Keep your upper body and head still.
- Let your lower body do the work and try to keep your leg muscles relaxed.
- Repeat 20 times.

3. Roll the ball in a circle (hula hoop style)

- Use your tummy muscles / lower body to move the ball.
- 10 times clockwise, 10 times anticlockwise

4. Balancing:

- Try placing feet together, then shut your eyes and stay still (10-20 seconds x5)
- Try carefully lifting one foot off the floor and balance – make sure you stay sitting upright! (10-20seconds x5 each leg)

Shoulder bridge 1

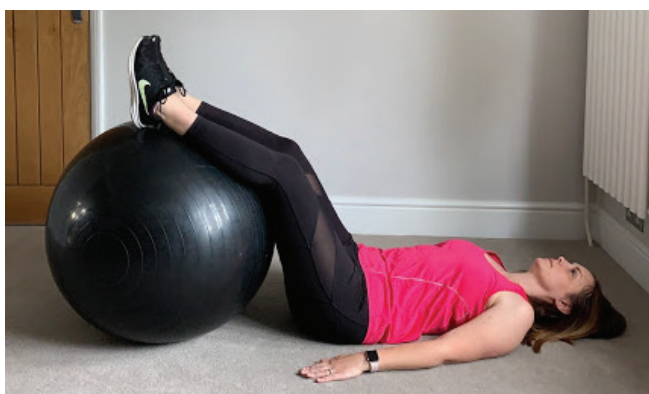


Start as shown in the picture

Let your bottom drop down towards the floor then squeeze your bottom and lift back up.

Repeat 20 times

Shoulder bridge 2



Start as shown in the first picture.

Take your arms wide apart to help with balance.
Lift your bottom up into the air then lower slowly down.

Repeat 20 times.

Crunches



Start by lying back with your shoulder blades on the ball. Tuck your chin, lift your head and reach your hands towards your knees.

Relax back and repeat 15 times.

Superman



Start with toes and hands on the floor. Lift left arm and right foot in the air. Hold for 5 seconds then repeat on the other side.

Swap sides until you have completed 10 repetitions on each side.

Back lift



Lie on your front over the ball.
Rest your hands on the back of your head or hover them out to the side.
Lift up using your lower back muscles. Keep your neck relaxed and look at the floor -> don't strain your neck!

Repeat 15 times.

Side leg lifts



Start with both feet on the floor – one on top of the other, and your hand on the floor for your balance.
Lift the top leg up towards the ceiling.
Lower it down.

Repeat 15 times then swap to the other side.

Wall squats

Stand with the ball behind your lower back / bottom area, resting back on the wall. Make sure your feet are slightly forward.
Rest back into the ball then bend your knees to roll the ball down the wall.
Come back up slowly.

Repeat 15 times.

