



Care at its Best!
www.performanceptri.com

Exercise on the Ball!

Have you ever considered using a ball to exercise with? Here's a few ideas to get you started.

Ball Wall Slide

Stand on a non-skid surface with your low back against the ball, which is against the wall. Feet will be 3 to 4 feet away from wall and 6"-8" apart.

Slowly slide down the wall to a near-sitting position. Be sure your knees are behind or directly over your ankles. Hold for 5-10 seconds, then return slowly to start.

Repeat 5-10 times. Keep your stomach in the entire time & continue to breath.

Benefits: Works the thigh, hip, back & abdominal muscles.



Sitting on the Ball

First sit on your ball – feet should be shoulder width apart, knees and hips at approximately 90 degrees.

Once you are able to sit safely on the ball, try lifting 1 leg, hold for 2-3 seconds, return leg to ground then repeat with other leg.

Next lift 1 arm above your head, return to the side and repeat with the other arm.

Repeat this 10 times on each side.

When able, try lifting leg with the opposite arm, hold 2-3 seconds, return to start and repeat with the opposite side.

Benefits: Works hips, thighs, shoulder, back and abdominal muscles.

Bridge with the Ball

Lie on the floor with your lower legs on the ball.
Keep your stomach tight & slowly lift hips off the floor, 6 to 12 inches. Hold for 5-10 seconds and continue to breath. Repeat 5 to 10 times. Benefits: Works the leg, abdominal and buttock muscles.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

Check us out online at: www.performanceptri.com