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This module is adapted from the book ‘Swiss Ball Applications for Orthopedic & Sports Medicine: A Guide for Home Exercise Programs Utilizing the Swiss Ball’ by Joanne Posner-Mayer. Ball exercises can be used with low level neurological patients and acute pain patients as well as with healthy school children and world class athletes. Exercises can also be applied to people of all ages from toddlers to seniors and adapted for use with groups of differing abilities.

This module includes mobilising, stretching, strengthening, stabilising and cardiovascular exercises for the spine, lower and upper extremities. Also included are training advice on posture, transfers, guarding and exercising.

The content of this module can be sorted as follows:

**Sort 1:** Cardiovascular, Training Advice, Equipment, Spinal Exercises, Lower Extremity, Upper Extremity, Combination.

**Sort 2:** Marching, Shoulder Shrug, Basic Bounce, Toe Raise, Arm Circles, Drumming, Arm Swing, Clap, Shoulder Taps, Asymmetrical Arms, V Arms, Arm Punches, Foot Tap, Step, Hop, Unilateral Arms/Legs, Cossack Dance, Jumping Jacks, Skier, Arms/Legs In/Out, Open/Close Around Ball Optimal Posture, Transfers, Guarding Exercising, Miscellaneous, Flexion Extension, Rotation, Flexion/ Extension, Side Bend, Multi-planar, Core Control, Abduction Horizontal Abduction.

**Sort 3:** Aerobic, Advice Note, Mobilising / Stretching, Strengthening / Stabilising.

Joanne Posner-Mayer PT is recognised internationally as an expert on therapeutic Swiss Ball applications. After graduating from the University of Colorado physical therapy school, she practiced in Switzerland for seven years, working with pioneering therapists using the ball. In 1980, while working at the University Orthopedic Hospital in Copenhagen, Denmark, she began lecturing on the therapeutic uses of the Swiss Ball. Since returning to the United States in the early 1980s, she has taught at the University of Colorado Physical Therapy School, practiced as a physical therapist in various orthopedic and neurological settings, and has continued to lecture extensively in her area of expertise.
RESISTIVE BAND SHOULDER ABDUCTION
STARTING POSITION: Sit on ball in optimal posture. Properly grasp resistive band. Place it under one thigh with one hand between legs. Tighten abdominal muscles.
MOVEMENT/EXERCISE: Lift outside arm out to side and up as high as possible, keeping elbow straight. Slowly reverse so that band remains taut at all times. Repeat. Switch to other side.
BREATHING: Inhale as band stretches, exhale on return.
CAUTION: Stay within pain free range. Keep wrists in neutral alignment. Do not allow wrists to move as resistive band stretches.
Hold Seconds _______
Repeat _____ Times      Do _____ Times/day

AIRPLANE
STARTING POSITION: Kneel behind ball. Rest trunk over ball and dig toes into floor. Raise arms out to side.
MOVEMENT/EXERCISE: Let ball roll down body while legs straighten. Lift trunk off ball as far as balance and comfort allow. Press hips into ball and squeeze buttocks. Slowly reverse and return to starting position. Add weights to hands or wrists as instructed.
BREATHING: Inhale when lifting, exhale when lowering.
CAUTION: Stay within pain free range. Keep neck in optimal position.
Hold _______ Seconds Weights _____
Repeat _____ Times      Do _____ Times/day

BASIC BOUNCE
STARTING POSITION: Sit correctly on the ball in optimal posture.
MOVEMENT/EXERCISE: Begin bouncing by pushing feet into the floor and tightening thigh and hip muscles to slightly lift trunk, relax. Continue bouncing by alternately tightening and relaxing these muscles as vigorously as balance, coordination and comfort allow in optimal posture.
BREATHING: Monitor heart rate. If winded, bounce less vigorously.
CAUTION: Keep feet planted on floor. Do not bend or twist spine while bouncing.
Beats/min _______ Repeat _____ Times
Do _____ Times/day