Lying Down Ball Exercises



	Hold the ball between your hands. Start with the ball resting on your stomach. Raise the ball over your head. Keep your elbows straight. Bring your arms back down to your stomach. Repeat times.
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	Hold the ball between your hands with your arms toward the ceiling. Reach to your left with the ball. Then reach to your right with the ball. Repeat reaching to each side times.
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	Hold the ball between your hands. Raise your arms toward the ceiling. Bend your elbows bringing the ball toward your forehead. Then push the ball toward the ceiling. Repeat times.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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 Department of Rehabilitation Services
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 - Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.