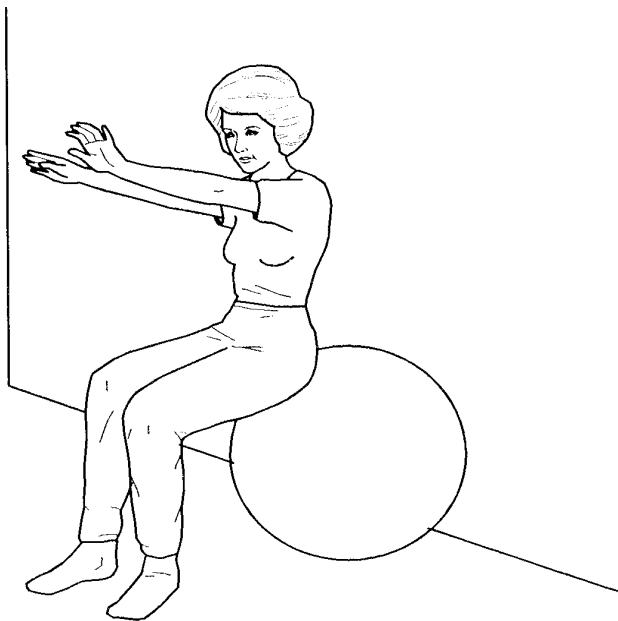


Seated Physioball Progression

For each of these exercises, keep your back straight and in a pain-free position.

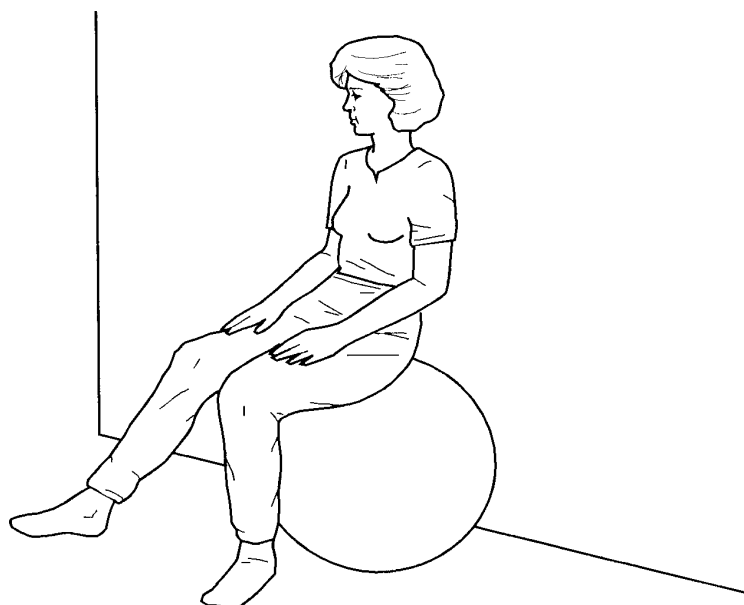
- Sit on the ball with both feet flat on the floor.
 - Slowly raise both arms overhead, keeping your elbows straight.
 - **Option:** Add ____ lb. cuff weights to both wrists.

Repeat ____ times.



- Sit on the ball with both feet flat on the floor and arms resting on your thighs.
 - Slowly kick your right leg out straight and then lower it.
 - Do this with your left leg.
 - **Do not** arch your back.
 - **Option:** Add ____ lb. cuff weights to ankles.

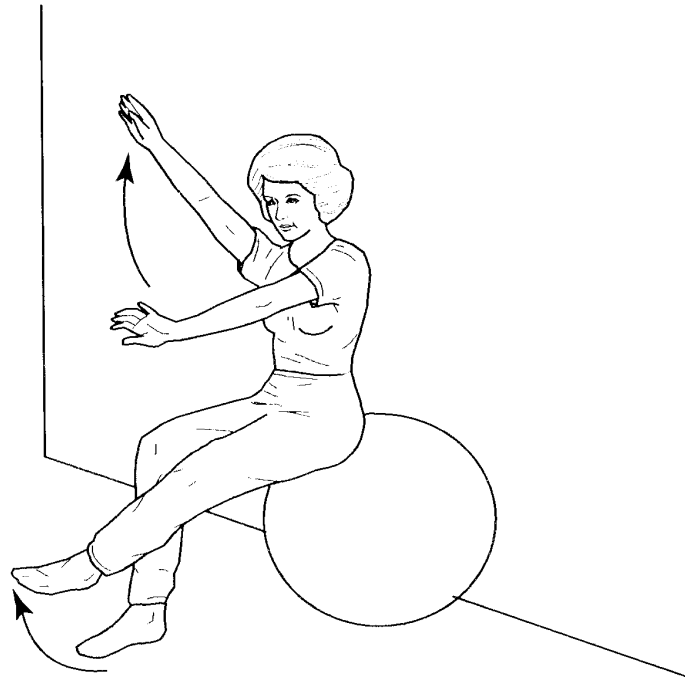
Repeat ____ times.



Sit on the ball with both feet flat on the floor.

- Slowly raise your right arm overhead and kick your left leg straight out at the same time.
- **Do not** arch your back.
- Repeat with left arm and right leg.

Repeat _____ times.



Stand against the wall with the ball behind your back.

Position A:

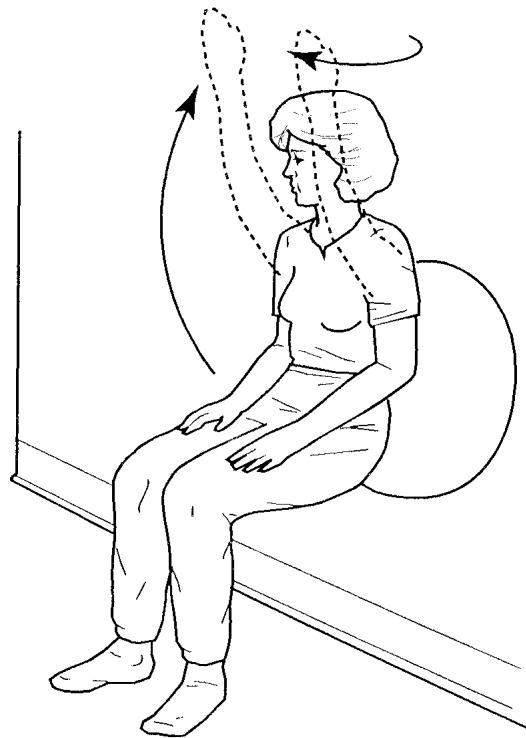
- Lower yourself slowly to a sitting position.
- **Do not** bend your knees past a 90 degree angle.

Repeat _____ times.



Position B:

- In the same position as A above, raise both your arms overhead and turn your head towards the right. As you lower yourself to a sitting position lower your arms to waist level as you turn your head towards the left.
- **Do not** bend your knees past a 90 degree angle.
- Hold for ____ seconds.
- **Option:** Add ____ lb. weights on wrists.



Repeat ____ times.

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