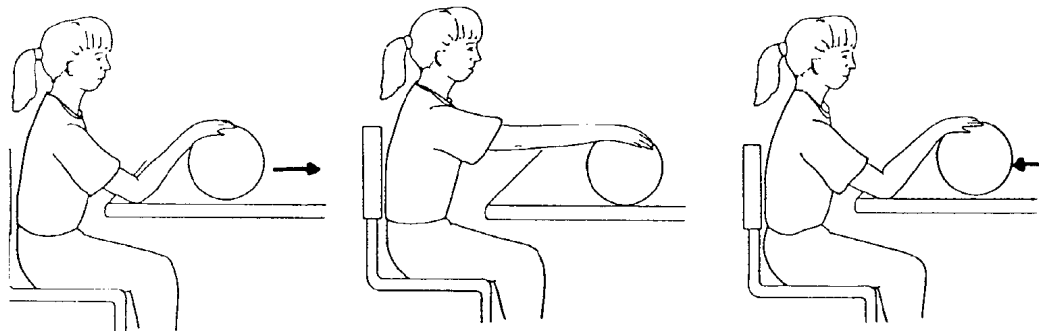
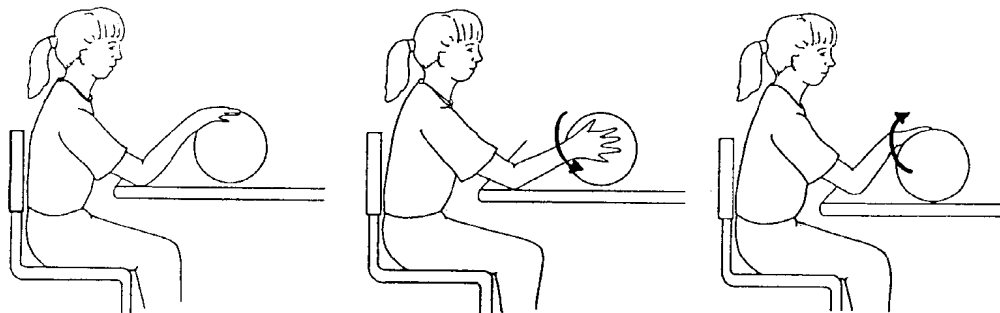


Sitting Down Ball Exercises

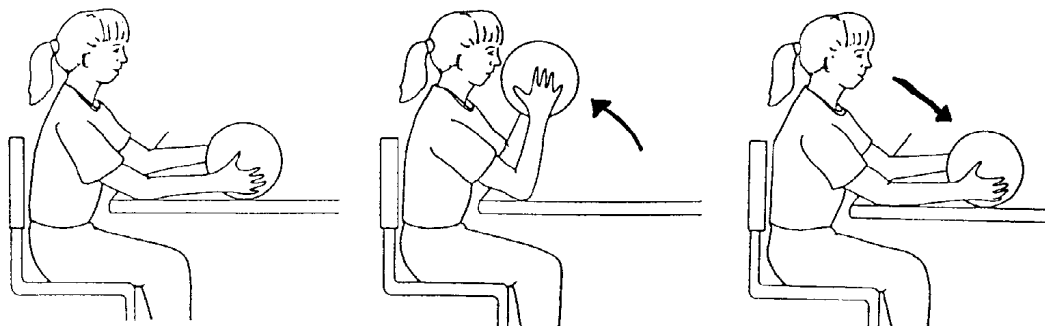
1. Start with your elbow resting on a table with palm and fingers flat on top of the ball. Push the ball forward until your elbow is straight. Roll the ball back toward you, bringing your elbow back down on the table. Repeat _____ times.



2. Start with your elbow on a table and hand flat on top of the ball. Keep your elbow on the table, and roll the ball from side to side. Repeat _____ times.

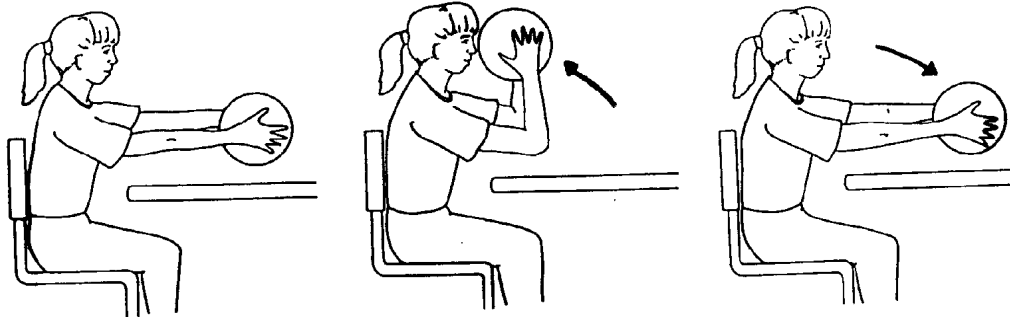


3. With both your hands on the ball (one on each side) rest your elbows on the table. Bring the ball toward your chin and then back down to the table. Repeat _____ times.

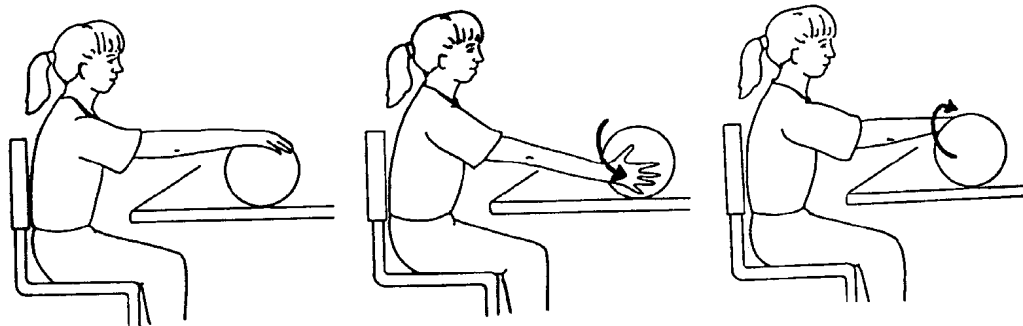


4. With both your hands on the ball (one on each side) and arms raised to shoulder height, bring ball toward forehead. Then straighten out arms.

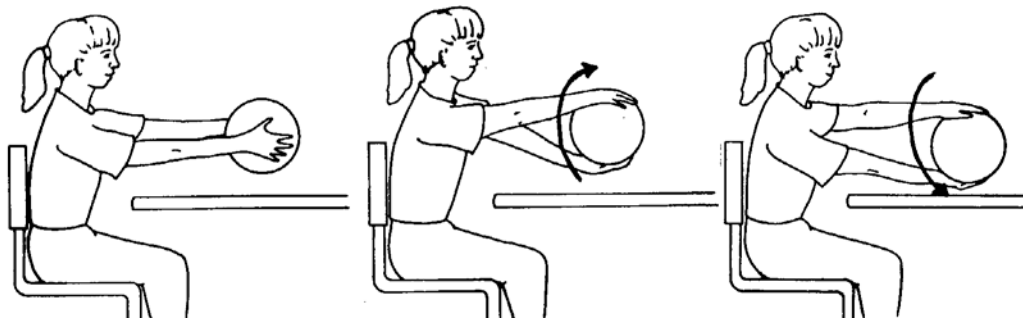
Repeat _____ times.



5. With your hand on top of the ball keep your palm and fingers flat, and your elbow straight. Roll the ball side to side. Repeat _____ times.



6. With both your hands on the ball (one on each side) and arms raised to shoulder height, rotate the ball to bring one hand on top. Then rotate the ball to bring other hand on top. 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.