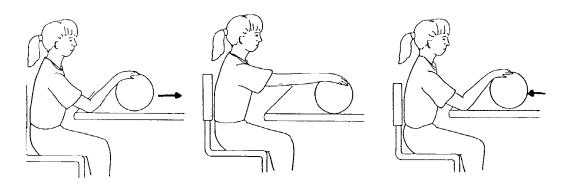
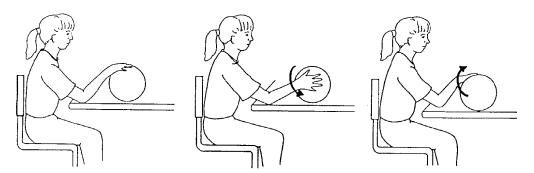
## **Sitting Down Ball Exercises**



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.

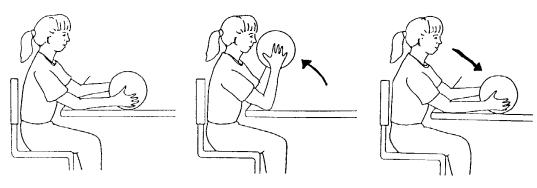


2. Start with your elbow on a table and hand flat on top of the ball. Keep your elbow on the table, and roll the ball from side to side. Repeat \_\_\_\_\_ times.



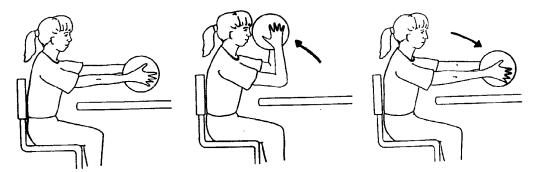
3. With both your hands on the ball (one on each side) rest your elbows on the table. Bring the ball toward your chin and then back down to the table.

Repeat \_\_\_\_\_ times.

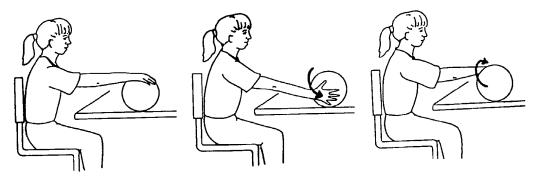


4. With both your hands on the ball (one on each side) and arms raised to shoulder height, bring ball toward forehead. Then straighten out arms.

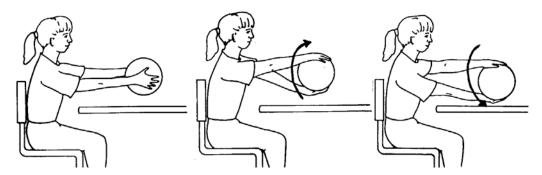
Repeat \_\_\_\_\_times.



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.



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