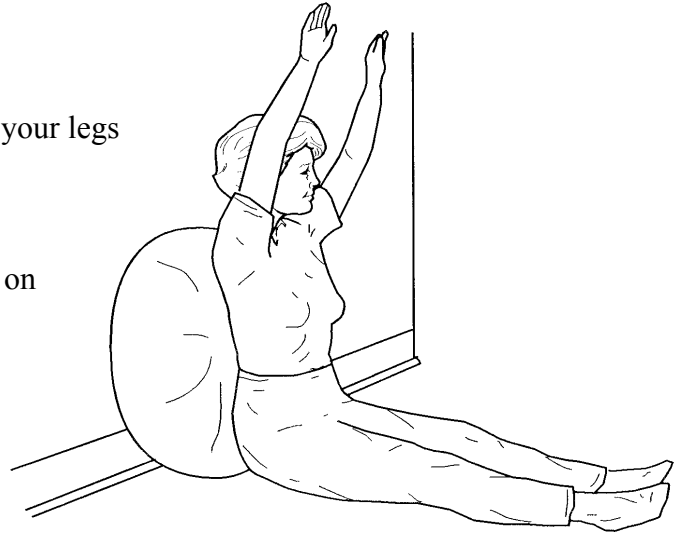


# Swiss Ball Sitting: Phase I

For these exercises, be sure to keep your back in a pain-free, neutral position.

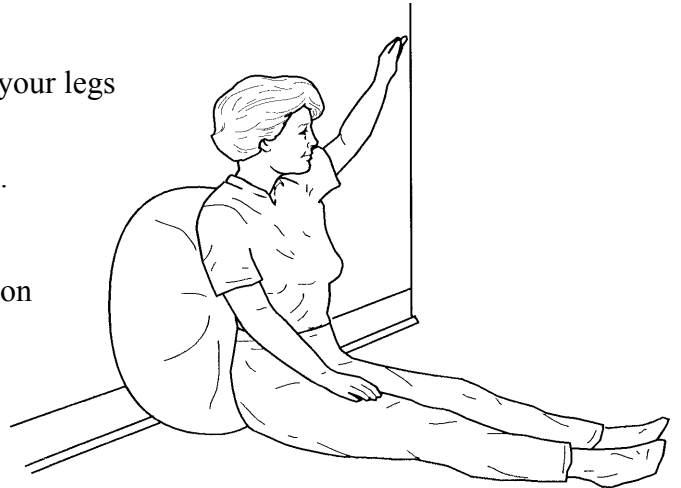
- Sit with your back against the ball with your legs straight out in front of you.
  - Raise both arms above your head.
  - **Option:** Add \_\_\_\_ lb. cuff weights on wrists.

Repeat \_\_\_\_ times.



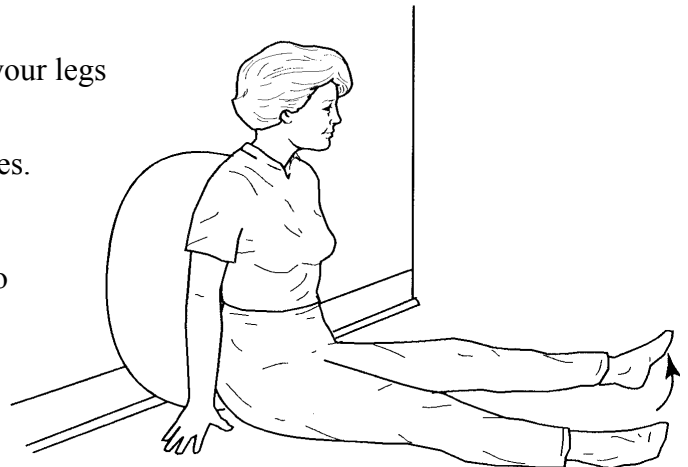
- Sit with your back against the ball with your legs straight out in front of you.
  - Raise your left arm above your head.
  - Repeat with right arm.
  - **Option:** Add \_\_\_\_ lb. cuff weights on wrists.

Repeat \_\_\_\_ times.



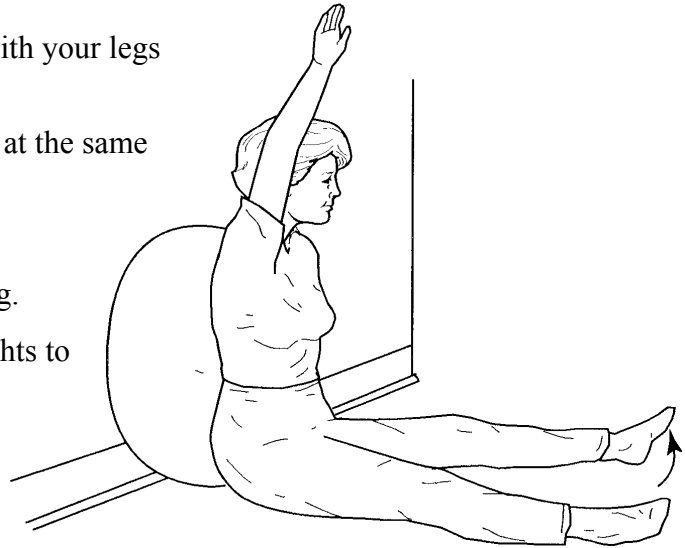
- Sit with your back against the ball with your legs straight out in front of you.
  - Raise your left leg off the mat 2 inches.
  - Repeat with right leg.
  - **Option:** Add \_\_\_\_ lb. cuff weights to ankles.

Repeat \_\_\_\_ times.



Sit with your back against the ball with your legs straight out in front of you.

- Raise your right arm and left leg at the same time.
- Hold for \_\_\_\_ seconds.
- Repeat with left arm and right leg.
- **Option:** Add \_\_\_\_ lb. cuff weights to wrists.
- **Option:** Add \_\_\_\_ lb. cuff weights to ankles.



**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](mailto:health-info@osu.edu).**

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