




Children's Community Physiotherapy Service

Gym balls



What is a gym ball?

- Also called Swiss ball, exercise ball, yoga ball or stability ball
- It is a large ball made of plastic vinyl and elastic and filled with air

Why use a gym ball?

- It can be used to sit on to watch TV, read, play games
- It can be used for exercise as recommended by your physiotherapist
- The body responds to the instability of the ball
- Make exercise fun
- Great way to work on core strength and balance
- Can alter tone and posture

What size?

Gym balls range from 45-85 cm diameter. For sitting and exercise:

Height	Ball height
< 150cm	Junior 45cm
150 - 165cm	Small 55cm
162 - 183cm	Medium 65cm
180 - 200cm	Large 75cm
198cm +	X - Large 85cm

If sitting on the ball, hips and knees should be at right angles with feet flat on floor.

Which type of ball?

- The ball should be burst resistant
- The firmer the ball the more difficult the exercise will be
- Several companies make gym balls, one is <https://www.pattersonmedical.co.uk/>

Any problems contact your physiotherapist or Childrens.Physiotherapy@oxfordhealth.nhs.uk.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

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Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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