



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 by activating core muscles.
- * Great way to make exercise fun while working on core strength and balance.
- * Can alter tone and posture

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>

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.

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

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

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

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

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