Therapy Ball Exercises

Physical Therapy Home Program

Name ____________________________________________ Date ________________

Therapist ___________________________ Phone number ________________

Instructions

• When seated on a therapy ball, keep hips as well as knees at a right angle (90°).

• To make exercises harder, slowly increase the number of reps (repetitions).

• Work hard, but stay within your level of comfort.

• Exercise should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.

• Don’t hold your breath as you exercise. Breathe out as you move and breathe in when you’re in the resting (starting) position.

How often to exercise

Do these exercises: ____________________________

Special instructions

_____________________________________

_____________________________________

_____________________________________

When sitting on the ball, hips and knees should be at 90 degrees

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, TTYs, telephone amplifiers, note takers and written materials.
☐ **Sitting on ball: Weight shift**

Sit on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Shift your weight to the right, raising your left buttock. Lower the buttock and sit up straight again.

Then, shift your weight to the left, raising your right buttock. Lower the buttock and sit up straight again.

Hold _____ seconds. Repeat ______ times on each side.

☐ **Sitting on ball: Seated kicks**

Sit on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Lift your right leg as you straighten the knee. Lower the leg.

Then, lift your left leg as you straighten the knee. Lower the leg.

Hold _____ seconds. Repeat _____ times with each leg. Work up to _____lb weights on the ankles.
**Sitting on ball: Knee raises (hip flexion)**

Sit on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Raise your right knee. Lower the knee. Then, raise your left knee. Lower the knee.

Hold _____ seconds. Repeat _____ times with each leg. Work up to _____lb weights on the ankles.

**Sitting on ball: Arm and knee raises**

Sit on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Raise your right arm (thumb up) and your left knee. Lower your arm and knee.

Then, raise your left arm (thumb up) and right knee. Lower your arm and knee.

Hold each side _____ seconds. Repeat _____ times. Work up to _____lb weights on the wrists and ankles.
**Standing with ball: Knee bends**

Stand with the ball between the wall and your lower back. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Hold _____ seconds. Repeat _____ times. Work up to squatting.

**Lying with ball: Bridging**

Lie on your back with your calves resting on the ball. Push down with your calves and raise your buttocks off the floor.

Hold _____ seconds.
**Lying on ball: Leg kicks**

Sit on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back. Lie back until the ball is at your upper back.

Straighten your right knee. Lower the leg.

Then, straighten your left knee. Lower the leg.

Hold _____ seconds. Repeat _____ times with each leg. Work up to _____ lb weights on the ankles.

**Lying on ball: Knee raises (hip flexion)**

Sit on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Lie back until the ball is at your upper back. March in place.

Repeat _____ times. Work up to taking larger and larger steps.
Lying on ball: Arm and leg raises

Lie with your belly on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Raise your right arm (thumb up) and left leg (knee straight) at the same time. Lower your arm and leg.

Then, raise your left arm (thumb up) and right leg (knee straight). Lower your arm and leg.

Hold for _____ seconds. Repeat _____ times. Work up to _____ lb weights on the wrists and ankles.
Lying on ball: Walk out on hands

Lie on your belly on the ball. Tighten your belly and buttocks, keeping a slight inward curve in your lower back.

Walk your hands out until the ball is at your knees.

Hold _____ seconds. Repeat _____ times. Work up to walking your hands out until the ball is at your feet.