

## ***Stability balls! A great alternative for trunk stabilization.***

**Stability balls provide a fun effective solution to a variety of injuries.**

### ***Stability balls .... A brief history.***

The stability ball dates back to early 1960's Italy, where it was primarily a toy. Clinical use began about the same time by a Swiss PT. The ball then made its way to the San Francisco area through various seminars and workshops. Over time it has become a staple in physical therapy clinics, athletic training settings and overall fitness regiments. Today, studies are being done in Europe where they are being used as chairs in school to help improve focus, organizational skills and concentration.

### ***What benefits will I see that I won't from more traditional rehab methods?***

1. Incorporates deep segmental muscles of spine for stabilization?
2. Provides for better postural control.
3. Greater efficiency of movement.
4. Reinforces a neutral spine.

### ***How does this type of therapy work?***

The instability of the ball affects the neutralizers and stabilizers at any given joint in the body. When referring to trunk stability, this means the deep spinal and abdominal musculature. The stronger these stabilizers become, the more improved a joint

will function. The more functional the spine becomes the less chance for injury to the area.

#### **(Prone stabilization exercise)**



### ***Unlimited exercise potential!***

Stability balls provide a wide variety of exercises including:

1. Bridging
2. Prone stability movements
3. Crunches
4. Lower extremity exercises.

All of these exercises can be progressed and adjusted according to patient skill level. Imagination is the only limitation with stability ball exercises.