

Rehabilitation Guide



Beginner Fitball Exercises

Why use a fitball?

The fitball primarily trains internal stability muscles of the body. These muscles support the spine & help to prevent injury, particularly through the lower back. Training these muscles will also help to improve posture. A good method of improving internal stability is to train on an unstable surface, thus the fitball is a favourable and versatile, tool.

Buying a fitball

- Buy a good quality anti-burst fitball
- Fitballs come in 3 sizes use the following as a guide:
 - An adult of average will require a 65cm fitball
 - Children or smaller adults will require a 55cm fitball
 - Taller (6ft & above) will require a 75cm fitball

Blowing up your fitball

A good quality fitball should be blown up slowly. To measure the size of your fitball, place ball next to a wall & measure from wall to edge of ball. Initially blow ball up to 70% of its full size ie: 55cm = 39cm, 65cm = 46cm, 75cm = 53cm. Leave for 1 week and then blow up further to correct size.

smart tips...

Sitting on a fitball



When sitting on fitball consciously turn on the internal stabilising muscles by pulling the belly button towards the spine. Maintain balance and try not to wobble.

Whenever sitting on a fitball, ensure the following posture is maintained:

- Keep chin tucked in
- Ear, shoulder & hip should be aligned
- Shoulder blades pulled back, down and in towards the spine
- Arms by sides or on hips
- Legs angled slightly downwards

Do not sit for extended periods of time (over 30 mins) or as a replacement office chair.

Postural Leg Raises



Pull abdominals in and gently raise one leg up. Keep your weight centred and body balanced. Hold for 5seconds and repeat with other leg. If required, use arms to stabilise

Figure Eight



Slowly move pelvis through a sideways figure 8 movement isolating movement at hips & keeping shoulders still. Reverse direction.

How to Purchase

Fitballs & fitball pumps can be bought online at www.bodysmart.com.au.

Click on the *Online Products* section, and scroll to the "Exercise and Rehabilitation Equipment" tab, selecting the fitball icon

Front to Back



Moving only the hips, tilt pelvis back to front by tucking the tailbone underneath body, & then tilting pelvis backwards sticking bottom out.

Hip Hike



With feet shoulder width apart, isolate pelvic movement, moving hip up on the right & then left side. Maintain an upright posture.



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Transversus Taps



With abdominals pulled in, keep pelvis still and lower left leg until the heel touches the ground. Repeat with right leg.