

Rehabilitation Guide



Advanced 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.

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.

Back Drape



From sitting position slide body down ball to start position as shown. With lower back resting on ball, lean backwards.

Hand Walk



Balance ball on stomach & slowly walk forward on hands to comfortable distance. Maintain balance & keep spine "straight" (don't hyperextend). Walk back to original position.

smart tips...

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 of office chair.

Forward Rolls



Kneel & place hands on ball. Roll slowly forward contracting the abdominal muscles & maintaining a strong "straight" spine. Slowly move to original position and repeat.

The Plank



Keeping elbows in line with shoulders & feet slightly apart. Lift hips up until a straight line is made between shoulders & feet.

How to Purchase

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

Click on the *Online Products* section. Then select the "Exercise and Rehabilitation Equipment" tab

Floor Bridge



With back flat on ground and legs on ball, lift hips & lower back off ground using buttock muscles. Hold body in straight line for 5 seconds, then lower slowly and repeat.

Fitball and DuraDisc



Place feet on Duradisc & upper back against fitball. Slowly raise hips by squeezing buttocks until aligned with knees. Maintain balance.



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Alternate Superman



Contract abdominals & lift alternate arm and leg. Maintain "straight" spine position & balance. Hold for 5 seconds & repeat 5x.