

Gym Ball Exercises 2014

The exercises listed below are part of a treatment regime for patients attending The Police Rehabilitation Centre. They are reproduced here as an aide memoire for those patients. The exercises have been designed to cover a range of abilities and should not cause any harm. Consult a Chartered Physiotherapist or your GP before embarking on any new fitness regime, and if you do experience any pain or discomfort as a result of these exercises, stop immediately and speak to a health professional.

Seated Arm Raise.

Sit with your knees in line with your feet, and your spine in the neutral position. Slowly raise one arm, and watch whether your trunk bends, or the ball moves. If it does, try lengthening your trunk as you lift, and draw your tummy in to control the movement. You should feel an increased tension in the abdomen as your arm approaches its highest point. Now try alternating arms. There should be no sideways movement, no back arching, and no shoulder hitching.



Seated Leg Raise.

Sit with your knees in line with your feet, and your spine in the neutral position scoop your stomach up and in, engaging your core muscles. Now slowly peel one leg off the floor at a time, bending at the hip joint not at the waist. Then repeat with the other leg.



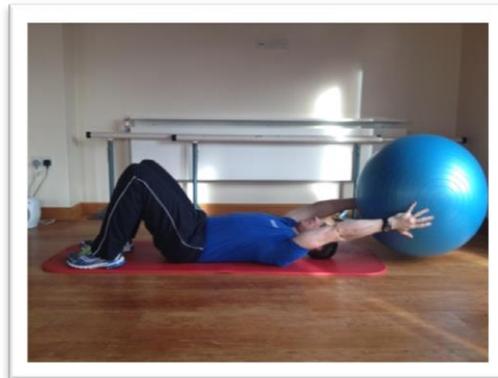
Combination.

Once comfortable that you are performing the previous two exercises easily, it is time to start combining the two, lifting one arm with one leg. Your trunk should remain in neutral throughout any movements



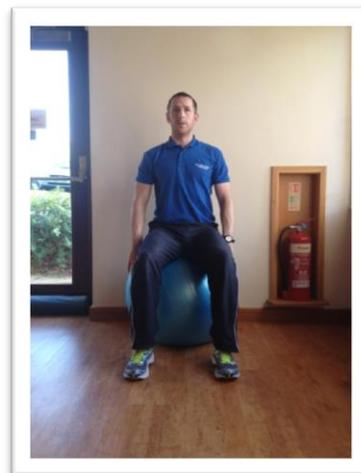
Ab Exploration.

Lie on your back with your knee's bent, and the ball in your hands. Gently contract your lower abdominals, and push the ball up towards the ceiling. Now slowly move the ball a small distance over your head in different directions: at some point you may feel that your back needs to arch, and at that point you need to narrow at the waist and "scoop" your lower abdominals a little more to resist that movement. Ensure that your back has not tightened up, that you are stomach scooping, and that your trunk is resting symmetrically on the floor throughout all movements. The slower you go, the more you notice and the more effective the exercise is for you abs.



Neutral Bounce.

Sit with your knees in line with your feet, and your spine in the neutral position scoop your stomach up and in, engaging your core muscles and stretch both arms up into a streamlined position. Now start to bounce on the ball by gently engage your gluteal muscles. Your trunk should remain in neutral throughout any movements. As you become more proficient begin to increase the size of the bounce.



Swimming.

This is a multipurpose exercise; the movements can be done alone or in a combination.

To gain good shoulder blade control lie over the ball on all fours. Stabilise the trunk by scooping the lower abdominals and make sure that your head and neck are in good alignment. Avoid letting the head sag or tip backwards. Now try to raise a straight arm out in front of you. As you raise the arm visualise the shoulder blades sliding flat down your ribcage. Try to avoid raising the shoulder blade towards your ears.



Swimming Contd

To learn pelvic girdle control assume the same starting position. Then, slowly straighten one leg out behind you, keeping the toes close to the floor to begin with. Use the gluteal muscle to initiate the movement and to prevent the hips sagging sideways. Your foot should never be higher than your hips as this can lead to excessive back extensor muscle activity. Your aim is to keep your hips level and trunk stable with no arching of the back.



Swimming Contd

The next step would be to combine the previous to movements to further challenge the body.

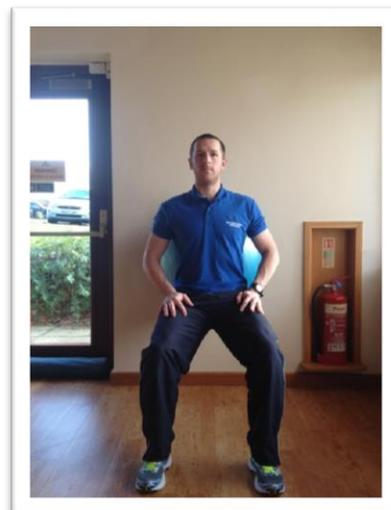


Wall Squat with Gym Ball

This exercise increases hip stability and teaches you to balance the forces across your pelvis, strengthening your buttocks and thighs. Stand with the ball at hip level behind your back against a wall. Your feet should be shoulder width apart, stomach flattened, bottom squeezing. Slowly roll down the wall, to a point that is no further than 90° at the knees hold this position for up to 10 seconds then return to start position. The trunk should remain vertical with the hips and shoulders in line.

Progress with:

- Arm movements
- Raising alternate knees

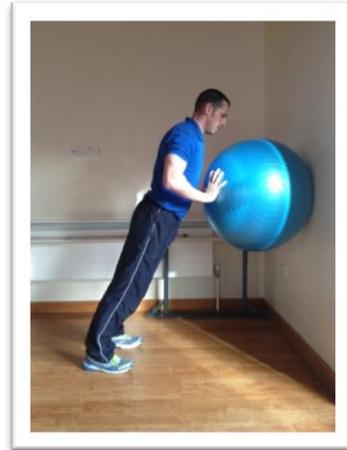


Wall Press Up.

Begin by holding the ball against a wall at chest height. Your feet should be placed at an appropriate distance from the ball that allows you to control your lumbar spine. Relax your shoulders and scoop your stomach up and in, engaging your core muscles and finally, tighten your 'glutes'. Perform a wall press up maintaining 'neutral' spine. Do not lead with your head or chest and don't let your hips sag forwards.

Progress with:

- Narrowing the base of support
- Moving your feet further from the ball
- Perform the exercise standing on one leg
- Single arm press up
- Floor press up from kneeling
- Full floor press up
- Ballistic press ups



Bridge with Gym Ball.

Lie on your back with the ball under your knees. Scoop your stomach up and in engaging your core muscles, push your knees into ball to straighten the legs, and finally, tighten your 'glutes' as you slowly peel your hips from the floor whilst maintaining pressure on the ball. Aim to keep your back relatively relaxed (avoid arching) while working the stomach, buttocks, and legs hard.

Progress with:

- arm movements out to the side or overhead
- by moving the ball towards the feet
- by performing a hamstring pull



Over The Top.

Start behind the ball then push out over the top of it and support yourself with your hands on the floor. Check your alignment from head to toe. To maintain a good position engage the lower abdominals and gluteals. Common errors are to let the head sag/raise, letting your back sag or flexing at the hips.

Progress with:

- Moving the body back and forth
- Lengthening the lever
- Performance of a press up
- Bringing knees to chest with ball
- Bringing knees to chest on a diagonal plane



Extended Bridge.

Sit comfortably on the ball with your neck and shoulders in neutral. Tuck your chin in and slowly walk down and away from the ball, keeping your stomach scooped in. Try to keep the chin in and stomach scooped until you reach a point where your shoulders are resting on the ball. Relax your back (avoid arching) and support yourself using your buttocks and abdominals.

Progress with:

- Arm movements out to the side or overhead.
- Sway from side to side.
- Single leg heel lifts.
- Single leg extensions.



Titanic.

The purpose of this exercise is to strengthen and co-ordinate the hip extensor and back extensor muscle groups. Place the ball under the hips with your feet supported by a wall. Allow the body to rest so that the hips are slightly bent. Engage your lower abdominals and squeeze your hips into the ball using the glutes strongly to achieve good alignment from head to toe. Do not raise the trunk above the level of the hips. Progress with:

- Raising the fingertips off the floor
- Adding arm movements



Roll Out.

This exercise will require lots of abdominal holding stability, upper body strength and shoulder stability. Address the body as you would for the floor push up, with the neutral spine position and shoulders relaxed. Scoop your stomach up and in, engaging your core muscles and finally, tighten your 'glutes'. Now move the ball slightly from side to side, maintaining neutral spine. Do not allow your back to sag, or your shoulders to creep up towards your ears.

Progress with:

- Move ball further away from body
- Increase the length of the lever



Arm Stabiliser.

This exercise is designed to build stability in the arms and shoulders and will require a good level of upper body strength. Start with the ball supported by a wall, then sit on the ball, with your hands by your sides. Walk slightly away applying a downward pressure through your arms, and maintain your balance. Do not allow your shoulders to creep towards your ears.

Progress with:

- the ball unsupported
- by moving from side to side in the finish position
- by performing tricep dips



Ball Curl.

Start in an extended bridge position. Scoop your lower abdominals and begin to curl your upper torso off the ball. Imagine trying to shorten the distance between the bottom of your ribcage and your belly button. Make sure the lower belly stays pinned down and the ball stay still. Keep the muscle working then uncurl again to complete the first repetition

