

# Rehabilitation 1

- This is the first workshop in our rehabilitation course.
- Each workshop is progressive and you need to work hard to progress
- You will need:
  - 1) Some wall power
  - 2) An exercise ball
  - 3) Some space
  - 4) To focus on vital technique

## Advice on Safety

- Avoid if you undergo surgery
- Let us know if you become pregnant
- Keep away from sharp objects
- Check with us if you are concerned in any way about technique

## Guidelines

- Inflate to recommended diameter using pump
- Leave the ball flat for a few hours at room temperature, next inflate ½ and leave overnight, then inflate fully
- Always use a burst resistant ball of the correct size
- Don't leave the ball outside overnight
- Avoid exercising near sharp objects
- Begin every exercise session with a warm up and end with a cool down
- Ensure technique is mastered before progression
- Stop if you feel pain or discomfort
- Quality is far more important than quantity
- Always sit, stand or lie in pelvic neutral (unless told otherwise)
- Wear loose clothing
- Bare feet are best
- With regular practice and commitment you WILL succeed
- Enjoy!

# Choosing a Ball

- Your height is the important factor
- A smaller ball will increase exercise difficulty
- The softer the ball the easier the exercises
- Use a larger ball if you are overweight
- When seated on the ball your knees & hips should be level, thighs parallel to the floor, knees bent at 90°
- Height Ball Size
  - Less than 5ft      18 inches
  - 5ft-5ft7          22 inches
  - 5ft8-6ft3        26 inches
  - 6ft3+              30 inches

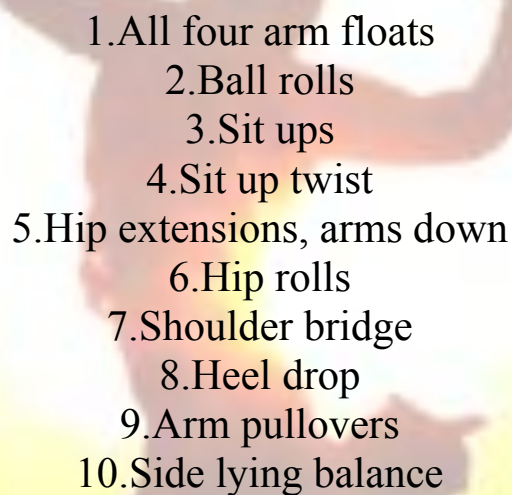
## Why Exercise on the Ball?

- Can be done anywhere
- Develops the abdominal muscles
- Improves the function of the pelvic floor muscles
- Allows us to work different muscle groups simultaneously
- Increases mobility, flexibility, balance and co coordination
- Improves the function of the shoulder stabilization muscles
- Strengthens and tones all the muscles of the body, improving overall appearance
- Develops general strength and stamina of both the superficial and the deep muscles
- Improves posture and movement in everyday life as well as sport specific
- Increases body awareness and enhances our feelings of well being and self esteem
- Constantly challenges our core stabilisers working the abdominal all the time
- TRAINS THE NEUROLOGICAL SYSTEM!

# Core Strength?

- Good foundations are needed to build a house
- We train the neurological system to 'switch on' our muscles
- Poor posture, weak core muscles = pain
- We work on deep intrinsic muscles

## The Exercises

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1. All four arm floats
  2. Ball rolls
  3. Sit ups
  4. Sit up twist
  5. Hip extensions, arms down
  6. Hip rolls
  7. Shoulder bridge
  8. Heel drop
  9. Arm pullovers
  10. Side lying balance

# All fours arm floats



1. Position over ball, weight on legs
2. Switch on abdominal and glutes, draw shoulders back
3. Float out right arm to shoulder height, hold for 3 seconds, stabilize with left hand
4. Draw back right hand, lead with thumb, swap arms, repeat
5. Start with 3-5 reps and build to 6-12

# Ball rolls



1. Kneel behind ball, knees hip width apart, shoulders drawn down, switch on abdominals and glutes
2. Bend forward at hips and roll ball away until elbows rest on ball
3. Lower head so that ears are level with shoulders and forehead close to ball, hold for 3 seconds then return to start position
4. Start with 3-5 reps and build to 6-12

# Sit ups



1. Adopt supine incline position, walk body away from ball until the ball is beneath the lumbar spine. Place hands either across chest or at sides of head, knees should be at 90°
2. Drop chin slightly, and curl up through the spine, lift the shoulders and upper back away from ball, hold for 3 seconds
3. Roll back down in the opposite action of above
4. Start with 3-6 reps and build to 6-12

# Sit up twist



1. Adopt supine incline position, walk body away from ball until the ball is beneath the lumbar spine. Place hands either across chest or at sides of head, knees should be at 90°
2. Drop chin slightly, and curl up through the spine, lift the shoulders and upper back away from ball
3. Reach the right hand across the body to opposite thigh, allow head to turn slightly, hold for 3 seconds
4. Return had to center and slowly curl back to start position
5. Start with 3-6 reps and build to 6-12

# Hip extensions, arms down



1. Walk feet away from ball until ball is positioned between shoulder blades, knees at 90o drop hands to the side to stabilize
2. Switch on abdominal and glutes, drop chin toward chest, drop buttocks toward floor then slowly lift using glutes, until abdominals are back in line with shoulders
3. Start with 3 reps and build to 10-15



# Hip rolls



1. As you lower onto the ball keep alignment and avoid dropping upper hip or shoulder forward
2. Hold for 10-30 seconds then switch and repeat the other side
3. As you get better, try taking your arm off the ball and lift it diagonally toward the ceiling
4. Eventually you should be able to lift both arms away from the ball
5. Perform 10 repetitions per side

# Shoulder bridge



1. Lie on your back with calfs on the ball, drop chin to chest, draw shoulder blades down, arms by the side
2. Slowly peel the pelvis off the floor, while switching on glutes and abdominals
3. Drive the body straight using glutes and stabilizing with abdominals thus creating a wedge shape with the floor
4. Lower using gluts and abdominals slowly under control
5. Repeat 6-12 times and build to 15 repetitions

# Heel drop



1. Lie flat on back arms by side, shoulder blades drawn back and down, chin on chest. Place both calves on the ball feet together
2. Switch on abdominals and glutes and lower one heel down the outside of the ball, keep knees bent, go as low as you can whilst keeping hips level
3. Return to the center, repeat for 3-6 times per side and build to 6-10

# Arm pullovers



1. Lie on back with knees bent, drop chin and draw shoulders back. Hold the ball in both hands
2. Slightly bend the elbows and slowly raise the ball over head, continue to the floor
3. Raise and take ball back to ceiling.
4. Switch on glutes and abdominals at all times
5. Start with 5-8 repetitions and work towards 9-12

# Side lying balance



1. Start in the side lying position keeping upper hip and shoulder from dropping forward
2. Hold the position for 10-30 seconds and switch on abdominals and glutes
3. As you progress try taking the upper arm off the ball and lifting diagonally toward the ceiling
4. Eventually take both arms off the ball
5. Again hold for 10 –30 seconds then repeat