



Activities on the Therapy Ball

A therapy ball is a convenient tool that can be used for many activities. When sitting upright on a therapy ball:

- Feet should be flat on the ground - with an even weight distribution.
- Knees should be level or slightly lower than the pelvis - creating an angle of 90 degrees or slightly greater at the hips and knees (thighs parallel to ground or pointing down slightly).
- Pelvis, shoulders, and ears should be in a vertical line - the body should not be leaning in any direction as a counterbalance. Bouncing up and down lightly will usually produce this alignment.
- A simpler method:
 - o Distance from the armpit to the middle finger tip = Ball diameter for that user.

1

Roll over the therapy ball so that the pelvis is supported by the ball, and with ankles supported by an adult, complete the following activities

- a. Puzzles
- b. Dot to dot worksheets
- c. Mazes
- d. Colouring
- e. Drawing

The child should support themselves with the non-dominant hand while participating in these activities.

2

In the above position, pick up beanbags or small toys to throw at a target.

3

Start off in the above position and with ankles supported by an adult, the child should walk forwards on their hands until they are wheelbarrow walking without the support of the ball.

4

Playing ball games with therapy balls are also good for upper limb and postural strengthening.

You may like to try the following activities:

- a. Throwing and catching the therapy ball
- b. Bouncing the ball to one another
- c. Punching the ball back to adult when thrown using both hands or one hand
- d. Pushing the ball back to the adult when thrown, using the palms and fingers of hand