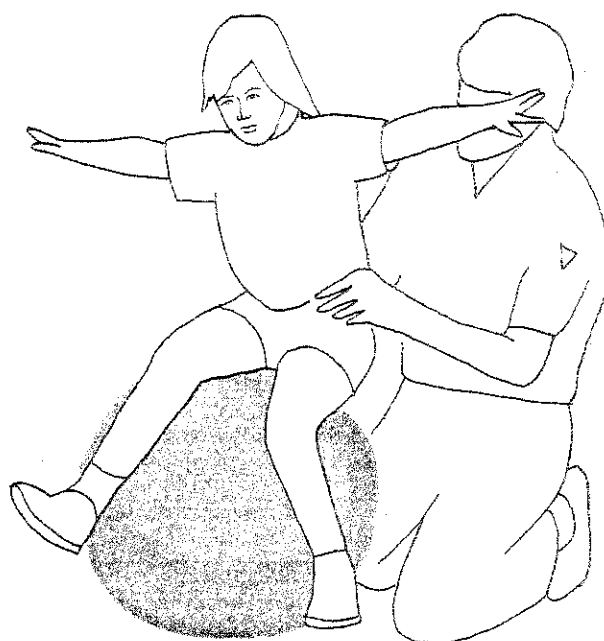


Balls

The 16 inch and 22 inch balls are used for developing vestibular responses, balance, spatial orientation, body awareness and muscle strength. The smallest (11 inch) ball is primarily designed for rolling, pushing, throwing, catching and may also be used for adapted kickball.

The 16 inch ball and more particularly the 22 inch ball are used for more specific therapy activities.

1. **Sitting on the 22" ball** Have a child stand with the back of his legs against one side of the ball; have him sit on the ball while you roll it back until the child is centered on top of the ball; move the ball in different directions to stimulate balance reactions. The more advanced child can be asked to rotate on the ball with his arms outstretched to the side while maintaining good balance.

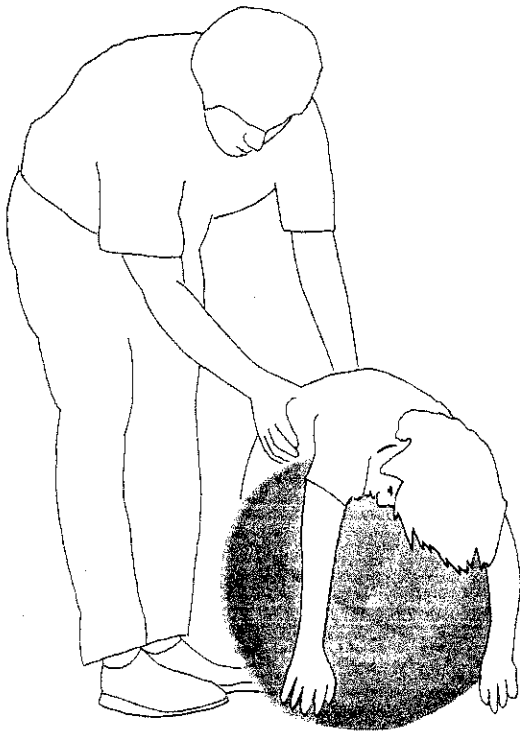
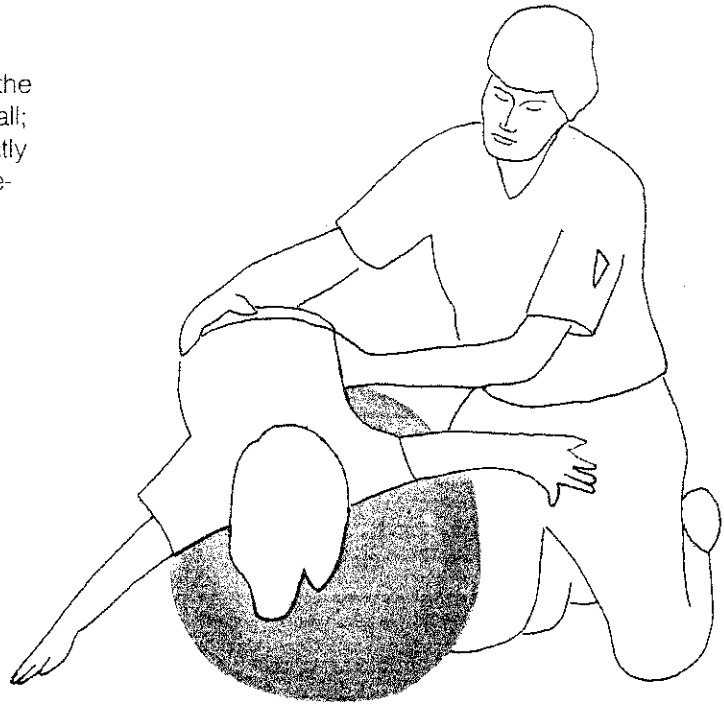


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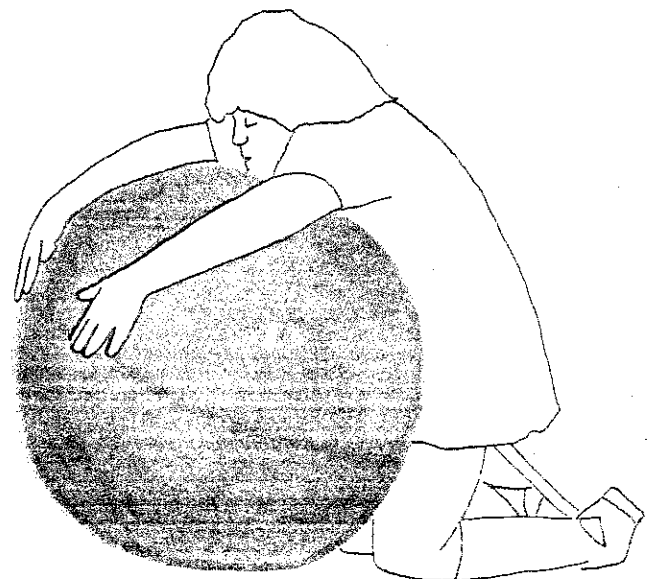


2. **Elicit protection extension reflex** Lay the child prone on the appropriately sized ball with arms in front of ball giving the child support at hips, roll the ball forward and elicit the protective extension reflex.

3. **Elicit trunk equilibrium response** Lay the child prone on an appropriately sized ball; giving the child support at the hips, gently rock the ball forward/backward and side-ways while monitoring responsiveness.



4. **Facilitate relaxation** Especially appropriate for spastic children, you can decrease muscle tone by quietly rocking while the child is in prone position on ball. The child's reaction to this activity should be carefully monitored so that over-inhibition does not occur.



5. **Promote weight bearing on knees** For example; knee walking, hugging the appropriately sized ball.