

## What to Know about Stability Balls

Written by Katherine Coffee  
[info@katherinecoffee.com](mailto:info@katherinecoffee.com)  
Last Updated: 2007-09-14

Stability balls are a wonderful and diverse tool that offers many uses and benefits. First developed and used in physical therapy they have crossed over into the traditional fitness scene. Stability balls are also being incorporated with yoga, pilates, core training and even at your desk doubling as a chair!

See below some helpful information to know when using a stability ball:

What size ball should I use?

If you under 5' use a 45 cm ball; 5' to 5'7" use a 55 cm ball; 5'8" to 6'2" use a 65 cm ball; over 6'2" use a 72 cm ball.

When you sit on the ball your legs should bend to a 90 degree angle or with your hips slightly higher than your knees.

How much air should be in the ball?

When first inflating the ball do so slowly or over the course of a few days so the plastic material will be able to expand. Using a ball that is "burst-resistant" is recommended and knowing the weight limit of the ball is important. The firmer the ball the more challenging the movement will be and the softer the ball the less challenging it will be.

What are some benefits of using the stability ball?

Stability ball usage challenges the core muscles (stomach and back), improves balance and posture, when using as a desk chair takes pressure out of low back, increases body placement and awareness, useful tool for stretching to aid in deepening stretch and improving range of motion.

Where to buy?

<<http://www.performbetter.com>>