

# Core Stability on the Ball // Trafford Publishing, 2006 // 2006 // 92 pages // Karen Petko // 9781412059343

Core exercises should focus on the entire torso. Learn about these stabilizing muscles and the 18 best workout moves to build solid core strength. Stronger, balanced core muscles help maintain appropriate posture and reduce strain on the spine. Improve Athletic Performance. Because the muscles of the trunk and torso stabilize the spine from the pelvis to the neck and shoulder, they allow the transfer of power to the arms and legs. Focus: Core stability How to Perform: Set your right knee on the center of the dome and place both hands on the floor underneath the shoulders. Extend the left leg behind you to hip height; keep the foot flexed. Raise the right arm to shoulder height with your thumb facing the ceiling. Hold for 20 seconds and switch sides. Regression: Perform the exercise on the floor. Place a stability ball between your lower legs (near the knees) and press your hands and legs into the stability ball. Engage the core and draw the navel toward the spine. Extend the arms and legs—the straighter the limbs, the more challenging the pose. Make sure the knees stay at 90-degrees when returning back to center (the calves touching the hamstrings makes the exercise easier). Complete 10 reps on each side. Claims that stability balls will strengthen your core have little backing in research. In fact, sitting on a stability ball, also known as a balance ball, exercise ball or Swiss ball, could have detrimental effects. Support our journalism. Subscribe today. Manufacturers often promote stability balls as both workout equipment and furniture. The loss in spinal height, due to intervertebral disc shrinkage calls into question any benefits on the spine. Lowe also said there is anecdotal evidence among ergonomics professionals of people falling from the free-rolling stability balls; balls that are set on a base with a backrest should lower that risk. AD. AD. And what about the idea that balancing on a stability ball will help you burn extra calories, which is sometimes cited as a benefit? My Books. My Loans. My Reading Log. An edition of Core Stability on The Ball (2006). Core Stability on The Ball. "Swiss or Stability Balls are large, colorful, inflated beach balls that were originally used in the 1960's by Swiss physical therapists for orthopedic rehabilitation." The Physical Object.