

Le Strutture Instabili



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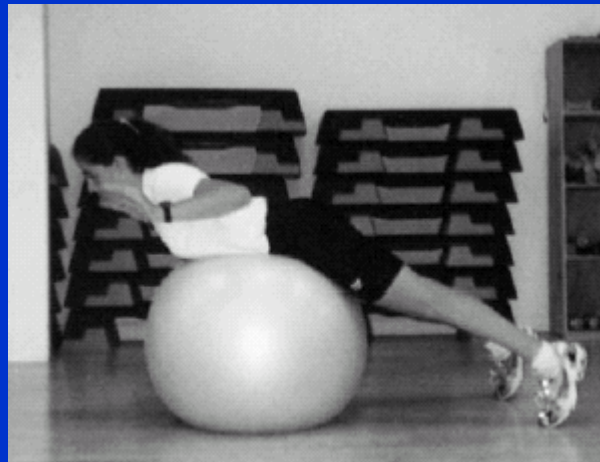
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Balance-Ball

Clark e coll. 2003 JSCR

Cosio-Lima e coll. 2003 JSCR



Balance-Ball Exercises

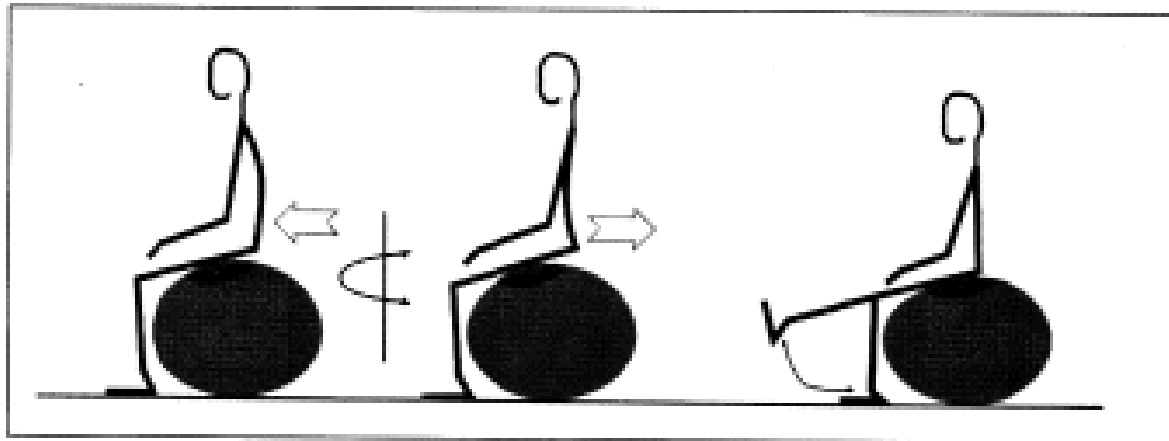


Figure 2: Pelvis tilt and rolling
(side to side, forward and back)

Advanced level: place supporting foot on a small ball.

Lift and leg extension
(hold 5 second)

Balance-Ball Exercises

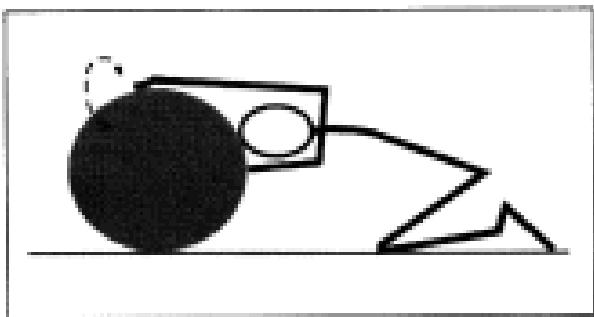


Figure 4: Upper body stretch
(rolling the ball).

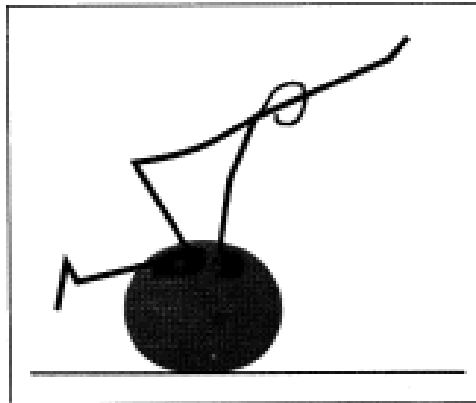


Figure 5: Knee balance

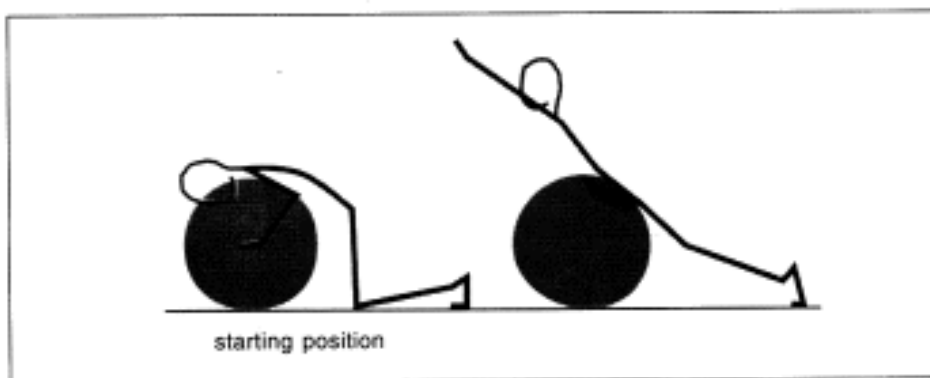
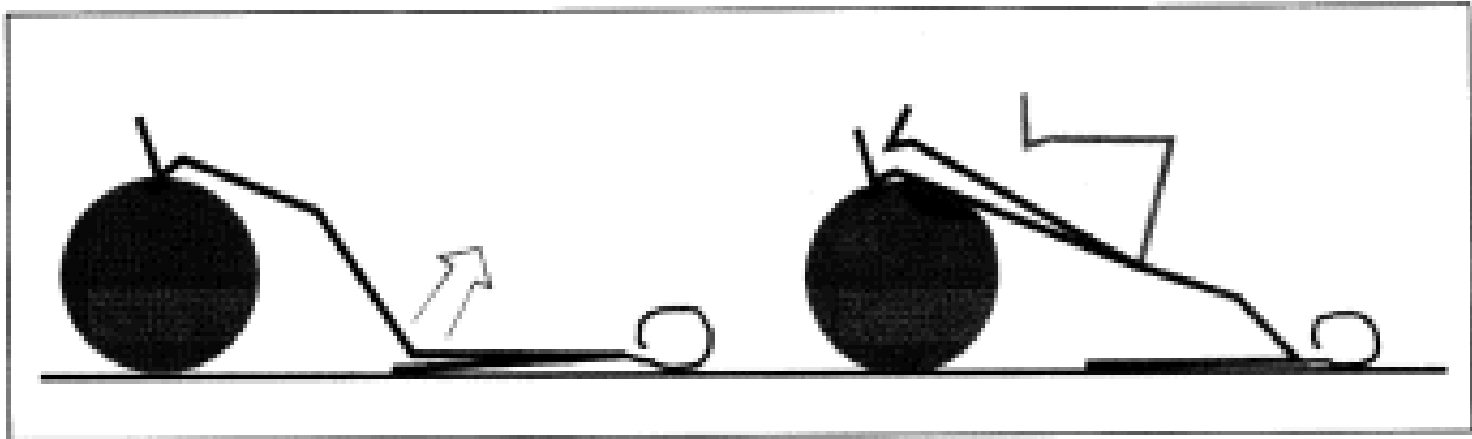


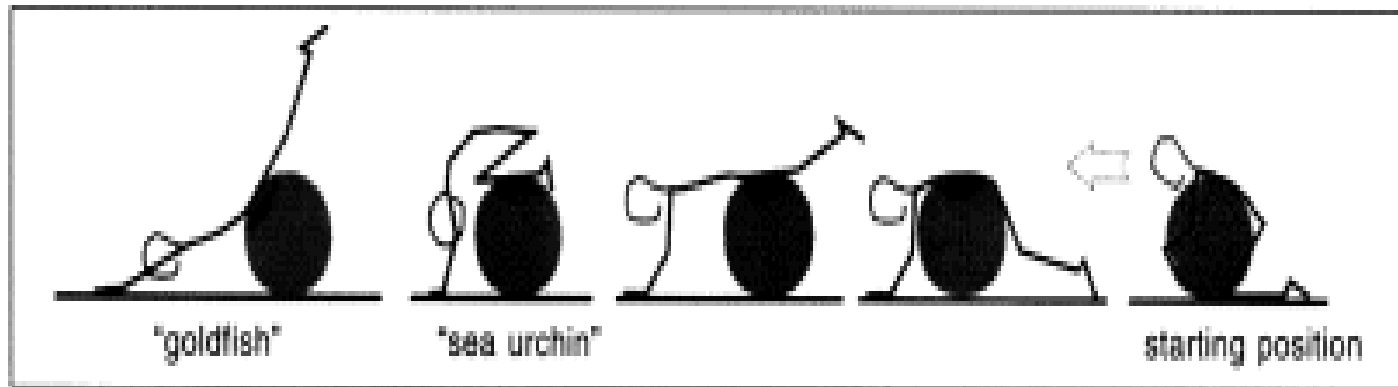
Figure 6: "Figurehead."
Advanced level: balance on the ball on stomach, arms
and feet off the ground ("scale").

Balance-Ball Exercises



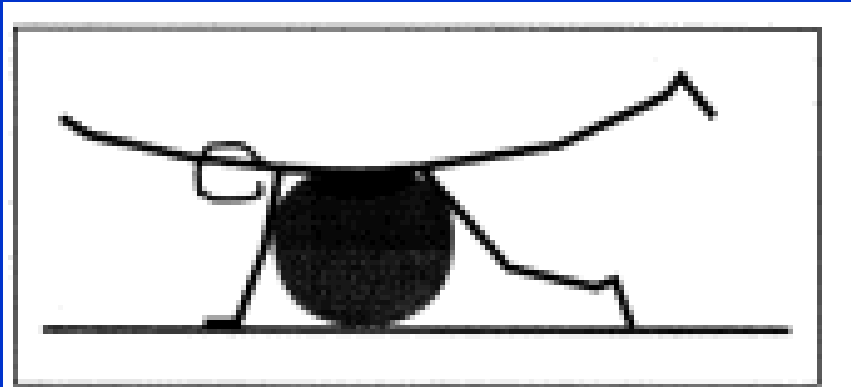
**Figure 7: Hip lifts (trunk and leg stabilization).
Advanced level: balancing on one heel, flexing knee and hip.**

Balance-Ball Exercises



**Figure 11: Roll out and back.
Advanced level: roll out and back using single leg on ball.**

Balance-Ball Exercises



**Figure 13: Arm and leg raises
(up front, to side).**

Balance-Ball Exercises

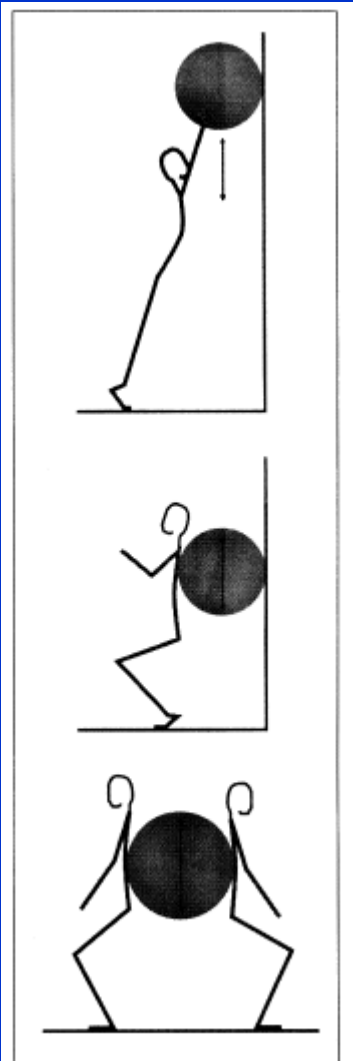


Figure 15: Rolling the ball up and down against a wall.



Balance-Ball Exercises

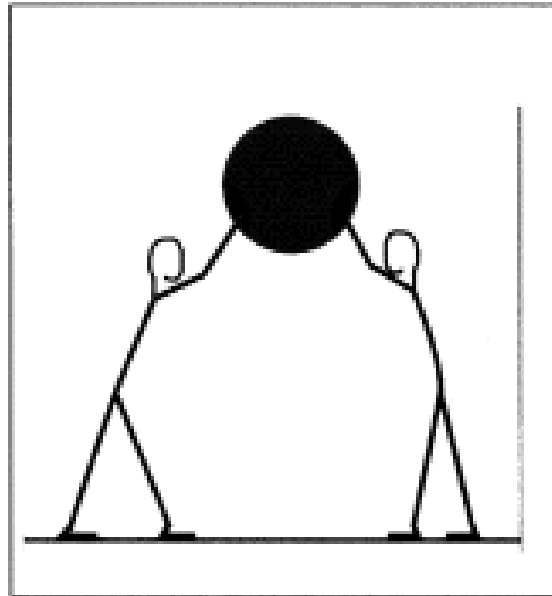


Figure 16: Pushing against partner.

- variations in leg base (parallel, stride),
- balancing and stretching.

Balance-Ball Exercises



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