

What are Swiss exercise balls, and how are they used?

Swiss exercise balls, also known as stability balls or Swiss balls, are large, latex-free, vinyl balls (various sizes available) that can be used for rehab or fitness purposes. They are ideal for strength and core stability training, balance and proprioception exercises, increasing flexibility, and promoting vestibular stimulation.

Is it safe to use my ball at home on my own?

Yes. Swiss ball training is very safe when performed correctly. OPTP offers numerous resource books, videos, and DVDs on the correct, and most effective, way to workout on your ball.

How do I know which size ball I need?

Ball size is determined by your height. When sitting on an inflated ball, your hips and knees should be parallel to the floor. OPTP suggests the following chart as a guide:

Exercise Ball Sizing Chart

30 cm.....	children 1-2 years old
45 cm.....	less than 4' 8"
55 cm.....	4' 8" to 5' 4"
65 cm.....	5' 4" to 6'
75 cm.....	taller than 6'

How much weight does a ball support?

OPTP carries Gymnic® exercise balls because we feel they are of the highest quality. All Gymnic® balls have been fully weight tested up to 600 lbs. An independent study, "**Comprehensive Strength Test Results on Gymnic® Inflatable Balls**" conducted by Underwriters Laboratories, Inc., found that *"All samples withstood 3,000 lbs. without rupture or evidence of loss of pressure."*

What does "Burst Resistant" mean and why is it better?

Burst-Resistant refers to how a ball will react if punctured. An advanced tear-resistant material enables the ball to slowly, and safely, deflate if punctured. These balls are ideal for geriatric patients and high-performance workouts.

How do I inflate my new exercise ball?

OPTP recommends using the hand-held Power Pump (sold separately) to inflate your ball. The Power Pump's cone shaped nozzle is specially designed for exercise balls making it easy-to-use. Air compressors and bicycle pumps work, too, but require adapters. The Universal Pump Adapter is compatible with most of these pumps.

To most accurately inflate your ball, place a mark on your wall that coincides with the height of the ball (i.e. 55 cm, 65 cm etc.). Inflate the ball so that it reaches the mark and insert plug. Check ball for signs of deflation every few months. Small amounts of air leakage are to be expected with regular use.

How do I know if my ball leaks?

To find a leak in your ball, place it in a bathtub and look for the bubbles. If the leak is around the plug, replace the plug with a new one (All Gymnic® balls from OPTP come with a spare). If there is a puncture, replace the ball—there is no safe way to patch a ball.