

CONNECTICUT VALLEY HOSPITAL

Physical Therapy Services

PT Equipment Procedure # 16

Re: Therapeutic Ball

Date: March 20, 2000

Revised: October 19, 2008

Description:

Varying sized balls with tacky or ribbed surfaces that assure superior grip. Used to improve gross motor control, ROM, muscle tone, balance and protective reflexes.

Indications:

Patients who have difficulties with balance, equilibrium, proprioception and motor skills.

Precautions:

When there is a potential for loss of balance and injury, initially a gait belt and second person should be used.

Procedure:

1. Explain procedure and desired effect to patient.
2. Assist patient to desired position on ball, either sitting, prone or supine.
3. Maintain contact with patient initially.
4. Provide verbal or visual feed back (mirror).
5. Progress in difficulty of activities as the patient's comfort level improves.
6. Assist patient in transferring off the ball.
7. Clean Therapeutic Balls as per Physical Therapy Cleaning Procedures.