

# Safety Tips For Exercise On Swiss Balls

Popular brands are **mediBall & Duraball**

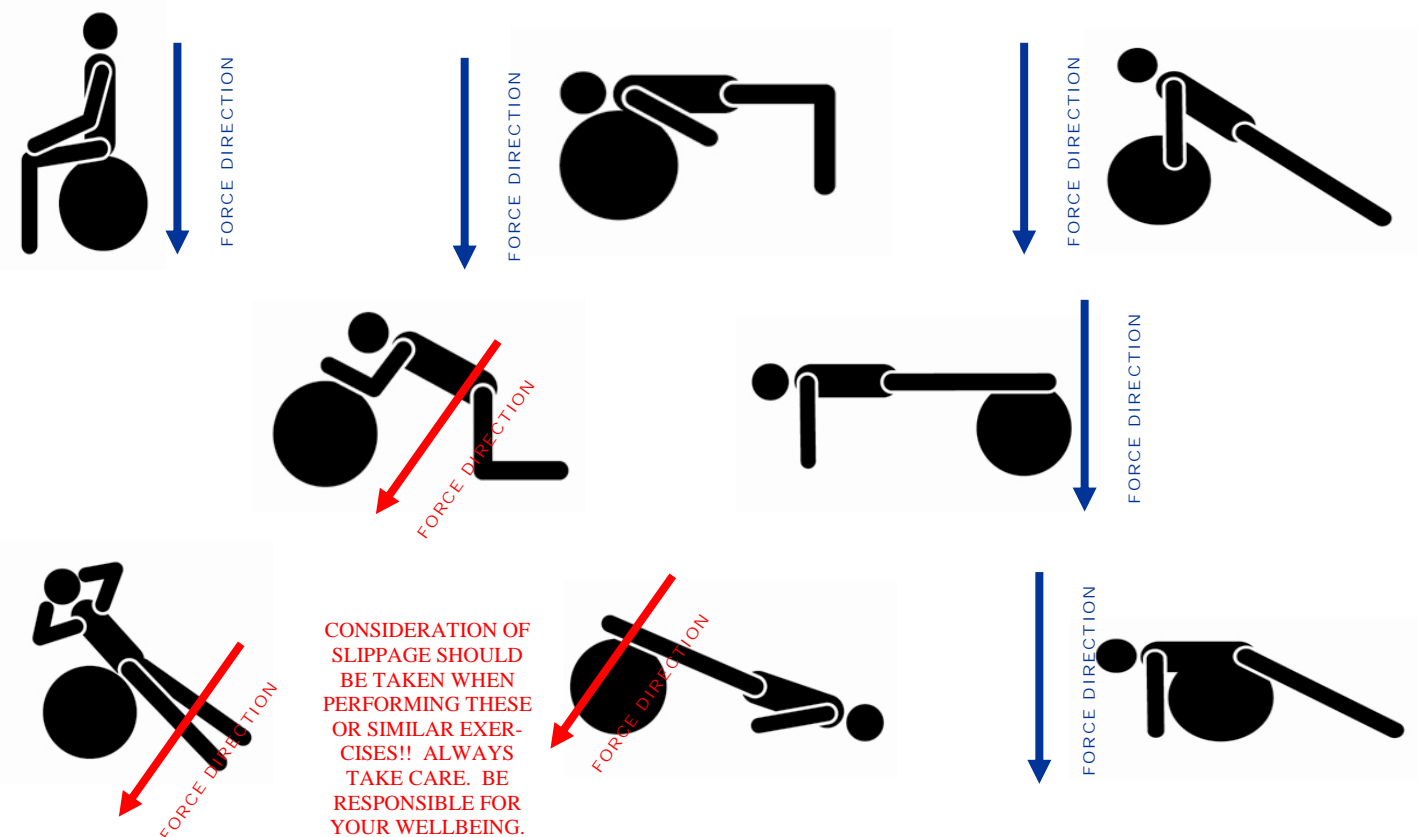
## Suitable Floor Surfaces

We recommend that the surface on which you exercise should be level and free of objects which may tear, puncture or damage the ball. You can use swiss balls outdoors on grass or sand but ensure you thoroughly inspect the area for safety. You can use Yoga or Pilates mats but their small size may not give adequate protection if the ball moves off the mat.

When exercising indoors care must be taken to match the exercise with the slipperiness of the floor surface - polished timber floors, tiles, vinyl, carpet etc. This is because each surface type has a different co-efficient of friction (CoF) and if you push against a swiss ball while exercising it may slip from under you and cause a serious injury. **NB: Exercising on padded mats such as judo/gymnastic mats is ideal for all ball exercises.**

The CoF is also influenced by the ball surface - some are smoother than others, and by how firm it is inflated (how close to maximum diameter). The harder the ball the less surface area touching the floor and the more liable to slip. Similarly when you put all your weight on the ball it will squash down giving greater surface contact area and less likely to slip when compared to exercises with just your legs on the ball.

This sounds technical, but it should not be ignored. Generally where the force vector (the direction of your push against the ball) of the exercise is greater than the CoF the ball may slip. The examples of exercises shown below will give you an idea of when a ball may slip. **NB: The more vigorous the exercise or combined use resistance aids (dumb bells or medicine balls) will increase the risk of slippage. Be careful!!**



Always ensure that you seek advice from a qualified practitioner in the care and use of your Duraball or mediBall. If you are not sure about who to ask please enquire through [www.chekinstitute.com](http://www.chekinstitute.com) or [www.aokhealth.com](http://www.aokhealth.com)