

Physio-Roll™ Activity Guide

Introduction

Congratulations! You have just purchased a **Physio-Roll**: the only peanut shaped ball of its kind. Co-invented by Sportime (Atlanta) and Ledraplastic of Italy; the **Physio-Roll** (with its one-piece, seamless, roto-molded construction) limits rotation to two planes of motion, providing unparalleled security and stability.

For those of you who have never used a **Physio-Roll** before, or for those of you who would like some new innovative ideas, we've included some suggested exercises. These exercises are only intended to be used under the direct care of a physical or occupational therapist (and MD where needed). These activities will help you get started. As you get a feel for your **Physio-Roll**, your ideas for new uses will begin to grow. Please send them to us so that we can share them with other therapists, patients, and parents (of children with disabilities) around the world. Before you get started we wanted to be sure you know how to properly inflate your **Physio-Roll**. We've also included some ideas on how to select future sizes.



4 HP High-Capacity
Pump Shown

Inflating Your Physio-Roll

Physio-Rolls need to be inflated with a powerful electric pump (we recommend our 4-HP high-capacity pump) or compressor. This is especially true for the first inflation. On first inflation we recommend:

- 1) Inflate the ball until hard
- 2) Allow the ball to sit for 24 hours
- 3) Complete inflation to proper size

A single Roll can be varied in size and firmness. A fully inflated Roll is firmer, more facilitatory, and bouncy; requiring more work from its user. As it's reduced in size, it becomes softer, more inhibitory, and less bouncy; provides more surface contact with the patient and reduces effort requirements. In addition, one patient may benefit from using **Physio-Rolls** in conjunction with small Therapy Balls. As an example; while seated on a Roll, small balls can be used for visual tracking, ROM, or as a distraction.

The Big Question! What Size Physio-Rolls Do I Buy?

The sizes you require are determined by the goals and exercises you want achieved. It's best to order Rolls by their fully inflated sizes. A simple solution has recently come from Europe (where therapy ball use was invented and the **Physio-Rolls** is produced). Studies have shown that the distance from shoulder tip to finger tip equals the roll diameter required for that person. When seated on a Roll, hips, knees, and ankles should be flexed to 90°. No matter what size Roll you elect to use, it is important that, when on top, the user's center of gravity remain in the middle of a ball end or centered in the concave saddle.

Checking Measurements

To determine if a Roll is at full size, you need only know the number 3.14 (pi). Multiply the purchased diameter of a Roll by 3.14 and you have the circumference; an easy measurement with a tape measure. A Roll's circumference is measured around one of the ball ends.

4 HP High-Capacity Pump Delivers The Pressure And Volume Needed For Therapy Ball & Physio-Roll Inflation

Ultimately the fastest and most powerful inflator you can own for the heavy duty inflation requirements of **Physio-Rolls** and **Therapy Balance Balls**, is an air compressor. Unfortunately good compressors are extremely expensive. You could go down to your neighborhood garage and inflate your balls there; but how do you get those big balls back into your car? Well, there's finally a solution at a reasonable price and it deflates too!

Almost 350% More Power: Until the introduction of this high performance pump, the most powerful unit available in its class was just 1 1/4 HP. It put out enough volume to inflate a ball until hard, but did not possess the pressure needed to continue inflation to full size. This new Super Heavy Duty unit delivers high volume, but does so with very high pressure. It's strong enough to quickly inflate or deflate our largest **Physio Gymnic Balls** (we test inflated a 6' **Physio Gymnic** in under 3 minutes). Its 4 HP motor delivers 350% more power. Shipped complete with flexible hose and nozzles. We ask that you check your current copy of **Abilitations** or **Sportime** for the current price or **Call us Toll Free at 1-800-850-8603**.

Just To Get Started

1) Sit straddling your **Physio-Roll** in the center (with one leg on each side). Rock your hips forward and back several times. Now try rocking side to side. You will notice that when you rock forward and back your hips will move but the **Physio-Roll** remains stable. When you rock side to side the **Physio-Roll** moves with you. This exercise will help increase mobility in the pelvis and strengthen muscles surrounding the spine and pelvic girdle.



2) Similar to the exercise above except now sit in the center of the roll with both legs on one side (using your **Physio-Roll** like a bench). Again try moving your hips forward and back. This time you will notice that your **Physio-Roll** moves with you giving you more mobility with the anterior and posterior pelvic tilt. Now try rocking side to side and feel the stability the **Physio-Roll** offers while weight shifting from buttock to buttock.



Physio-Robics

3) Bouncing on a therapy ball is one of the best forms of aerobic exercise. However, many people have fears of falling off. With the **Physio-Roll** that fear can be eliminated. Just sit in the center straddling the roll. You will automatically notice a feeling of security. Then just gently begin to bounce up and down. You can swing your arms, move your feet, sing, watch TV, you name it. Meanwhile, legs, spine, heart and lungs are hard at work.





Let Your Legs Do The Walking

4) Although **Physio-Roll** offers more stability than a conventional ball, it still encourages mobility providing a challenge during exercise. For example, while lying on a mat or wedge with your legs placed over the **Physio-Roll**, press your hips towards the ceiling. Now while keeping your hips in the air alternate weight-shifting from one leg to the other. This is an excellent pre-gait activity. You can also try it with your feet on the balls instead of your legs.



5) Lie on your stomach across the center of the **Physio-Roll**. Now try lifting one leg at a time. If you're really good you can try both legs together.



6) Stand the **Physio-Roll** at about 45°-60° and sit on the top end of the roll. Practice going from a seated to a standing position.



Physio-Roller™ Card Sets

Makes Home Exercise A "Ball of Fun"

Original physical-therapist-designed Sportime products. Roll-R-Cise and Physio-Roll-R-Cise Exercise Cards are designed for use with any therapy ball or Physio-Roll. Easy to use and very economical. Each 3-1/2" x 4-1/2" card covers a single exercise, provides a description of its purpose, then clearly details it with both written and illustrated instructions. Simply select the exercise cards specific to your patient, slip them into the included plastic holder, then make two photocopies; one for your patient, the other for your records. You keep the cards as a ball/roll exercise library for use again and again. The exercises selected are ideal for patients of all age groups with developmental, neurological, orthopedic, cardiac, postpartum, sports medicine and chronic pain diagnoses. They're the perfect vehicle to send home with parents of pediatric patients. Sections include spine, lower extremity, upper extremity, cardiovascular and pediatrics. Includes 107 cards, storage box and 2 plastic sleeves.

1-44800-69458.99 set To order a set, call 800-850-8602.

Two Is More Fun Than One

7) Sit with a child or adult in front of you; each sitting facing the same direction. Sit as instructed in exercise 1) but this time you're on the back outrigger ball and the patient is on the front one or in-between them. You can now bounce the **Physio-Roll** for the patient, or rock it side to side, or assist them with pelvic mobility. You can tilt the **Physio-Roll** to incline. The shape of the **Physio-Roll** and your position behind, provides unparalleled security for the patient.



8) Lie on a wedge or mat with a **Physio-Roll** across your knees (or over your stomach) and the child prone over the **Physio-Roll**. (This exercise is best done with the smallest size **Physio-Roll**.) From this position, you can work on total body extension, neck strengthening, trunk control, vestibular stimulation and, best of all, you maintain eye contact the entire time.



9) Sit yourself and the patient on the roll, but this time both of you facing each other. From this position you can work on side to side weight-shifting while being able to watch and have contact with your patient's pelvis. Another idea is to use the **Physio-Roll** like a seesaw either holding your patient's hands or allowing them to balance independently.



These are some of our ideas. Physio-Rolls can be used much in the same way as your therapy ball while providing extra security. Be creative. We would like to hear yours. Feel free to FAX us your ideas at 770-263-0897 or call us toll free at 1-800-444-5700 outside Atlanta, 770-449-5700 inside Atlanta (ask for Ilana), or write us your ideas at Sportime, One Sportime Way, Atlanta, GA 30340. Enjoy your Physio-Roll!



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Customer Service 1-800-444-5700 or 1-770-449-5700
Or reach us via e-mail at: customer.service@sportime.com

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