

ISR Physical Therapy Newsletter



ON THE BALL!

March, 2010



There are good reasons why you are very likely to see those large exercise balls at the physical therapist's office. These cushy pieces of exercise equipment (which also go by the names Swiss, balance, fitness, therapy, stability, and physio balls) help patients to increase their range of motion as they stretch. Exercising with an exercise ball can also improve exercisers' balance, agility, posture, and coordination. Because the balls present exercisers with unstable surfaces, they encourage the use of many muscle groups, particularly the "core" muscles, in order to stay balanced on the ball. Stretching on an exercise ball can also be very beneficial for those who experience difficulty getting down to the floor to stretch.

Depending on the specific diagnosis and level of pain, exercises on an exercise ball will be different, and appropriately trained physical therapists play a critical role in both developing the right exercise program and providing instruction on correct form and technique. If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy. We are committed to excellence in musculoskeletal, rehabilitative and manual therapy services.

Coming Soon, Houma East Side Location.



Kristy Trosclair, PT



Hunter Gray PT, DPT



Jeanne Liner, PTA



Richard W. Bunch PhD, PT



Trevor D. Bardarson PT, OCS



Marc D. Cavallino PT, OCS

www.isrphysicaltherapy.com

"No Excuses, Just Results!"

Houma
478 Corporate Dr.
Houma, LA 70360
985-872-5911

New Orleans
1516 River Oaks Rd. West
Harahan, LA 70123
504-733-2111