



Therapeutic Comics' Guide  
to using the  
**Prescription Exercises for the Stability Ball**  
to benefit your patients.

Provide your patients with exercises that address their specific problems, and improve their overall health and general well-being.

Therapeutic Comics' Prescription Exercises for the Stability Ball can achieve all this and more. Inside are ways to become not only a better health care professional, but also a more **SUCCESSFUL** one!

## Introduction

While every health care provider's primary goal is the well-being of their patient, and indeed, that is how it should be, at the end of the day you are all running a business and to be successful you must be able to expand your patient base. It is also important to gain credibility with insurance carriers, their adjusters and referring physicians. A program that promotes core exercise training will do just that.

## About the Stability Ball

Therapeutic Comics' Prescription Exercises for the Stability Ball features exercises that are based on spinal stabilization programs using a stability ball, sometimes referred to as a balance ball. The exercises are based on sound and proven principles that have been developed over the past 50 years. Due to the participants need to keep the ball stable during exercise, smaller stabilizing muscles must make quick adjustments to maintain balance, and because these muscles are not the ones usually used in basic strength training, working with the ball can be both challenging and provide an extensive workout.

## Who should use the Stability Ball?

These exercises are structured to allow patients who would **not otherwise be able to perform certain movements** to exercise safely. One of the great benefits of ball exercises is that they work the core muscles, also known as postural muscles, including the abdominal, mid and lower back muscles. Since these muscles are integral in bending, jumping, sitting, walking and reaching, by strengthening the core muscles chronic lower back pain can be relieved.

## About Therapeutic Comics' Prescription Exercises for the Stability Ball

The exercises chosen for this book were put together by a team of experts from varying backgrounds including a chiropractor/athletic trainer who specializes in exercise physiology and is the chiropractor for the United States Olympic Team for Beijing, an orthopedic surgeon, a personal trainer and a physical therapist. Also contributing to the book were athletic trainers. All of the exercises are presented in a manner that will accommodate the level of each participant's condition and or limitations. They are designed to make therapy fun, stimulating, consistent with natural movements and increase patient compliance with prescribed treatments.

## Setting up the book

It is important that you do everything possible to **PERSONALIZE** the Exercise Manual. Space on both the front and back cover has been left open specifically for this purpose. Before you give the book to any patient, make certain that you have put the name of your practice clearly on the top of the front cover, using either your personalized stamp or sticker. Also put your name on the back cover and on the top of the prescription pad located on the inside of the back cover. Patients typically show this book to their friends and family, and with your name and number prominently displayed on it you should encourage them to do so.

You can also put inserts in the book. If you hand out coupons for complimentary or discounted consultations, adjustments or massages for first time patients, put one in the book (don't forget to use an expiration date). While your patient might not qualify for this coupon he or she might give it to a friend or family member while showing them the book.

### **How to prescribe ball exercises to your patient**

If at all possible, you should have at least one stability ball in your office (remember to print your clinic name on the ball). This not only presents you with the opportunity to either demonstrate an exercise or guide a patient through an exercise, but it also shows that you have a commitment and belief in the ball program. This simple act of having your patient see a ball in your office will reinforce the concept of these exercises being effective for their treatment and overall well-being. Page 2 of the exercise guide presents an in-depth look at the stability ball and how it works, while page 3 has information on how to choose the right ball for your patient and how they should go about beginning their exercise routine. You should be familiar with this information.

### **Starting Exercises**

**(Reference Therapeutic Comics' printable Exercise Guide, available for printing on the Home Page. [www.therapeuticomics.com](http://www.therapeuticomics.com))**

It is important that you don't prescribe too many exercises to a patient at one time for two reasons. The first one obviously, is that you don't want the patient to be overwhelmed by the amount of time and energy needed to do the exercises. By keeping it easy and simple the chances of patient compliance with the exercise program is greatly increased. More importantly by only assigning a few exercises at a time it gives you the opportunity to schedule future consultations with the patient to prescribe additional exercises and review the ones they have been doing. This provides you with more face-to-face time with your patients which results in greater patient satisfaction. Remember you want to schedule these consultations separate from any regular treatment session.

### **Treating multiple patients at once**

Your time has value and you can usually see and treat only one patient at a time. However, if you have the space available you can greatly increase the number of patients you can treat during a specific time period by conducting a ball class handling as many patients as your office space allows.

The doctor, who created this program, holds classes for up to 10 patients at one time. By holding these ball classes in the evening you increase the availability and willingness of patients to attend. You should have a ball for each patient to use during the class and provide each patient with a copy of the book. Ball classes are very popular and many gyms run classes similar to this one however there is no medical supervision at a gym. This is your niche. In addition your patients should be encouraged to bring their friends to the class to observe the program.