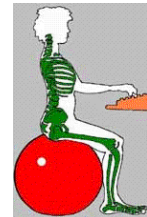


BALL CHAIRS

Replacing classroom chairs with therapy or exercise balls is a great way to introduce active sitting into the classroom. The ball provides a slightly unstable sitting surface and encourages regular, small adjustments in position, which can help to:

- Promote a tall sitting posture and increase core/trunk stability.
- Decrease fidgeting and help students to stay alert and on-task.



Choosing The Correct Size of Ball

- A properly sized ball should allow the student to sit squarely on top of the ball with their feet flat on the floor and hips between a 90 and 135-degree angle.
- To accommodate for compression of the ball when sitting on it, order a ball that is 1 to 2 inches greater than your chair height when sitting on a regular chair with feet flat on the floor and hips, knees and ankles at 90 degrees.
- The size of the ball (e.g., 45 cm, 55cm) indicates how high the top of the ball should be from the floor when properly inflated. Balls should not be over-inflated.
- If in doubt, order the larger size. A ball that is too big for a student can be slightly under-inflated.
- Choose a ball that is burst-resistant quality and rated to hold more than enough weight to support the student.

Height/Age

Children 3 - 5 years
 5 years to 4'11" tall
 5' to 5'7" tall
 5'8" to 6'2" tall

Typical Ball Size

35 cm (14 inches)
 45 cm (18 inches)
 55 cm (21.5 inches)
 65 cm (25 inches)



BALL CHAIRS

Tips For Use

- When introducing ball chairs to a student or classroom, be sure to discuss appropriate use/rules for use (e.g., a learning tool, not a toy; how much bouncing is permitted/times bouncing is permitted, etc).
- As sitting on a ball chair requires muscles to work harder than sitting on a regular chair, it may take students a little while to build up their endurance. Start by having students sit on the ball for 30-minutes at a time, gradually increasing the time as tolerated.
- For safety you may prefer to try a ball that comes with small rubber "feet" to help it stay in place when a student gets up or sits down, or try using a stabilizer ring with a regular exercise ball.
- A fully inflated ball should provide a firm sitting surface. If the ball has too much bounce, try adding more air or releasing enough air so the ball is slightly under-inflated.



Many companies sell exercise balls/ball chairs in a variety of sizes and colors. Please talk to your therapist about where to purchase a ball that meets your child's needs.

References:

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