USING A STABILITY BALL FOR AN OFFICE CHAIR

Benefits:

• Helps strengthen core muscles, which may help avoid or reduce certain types of lower back pain.
• Movement patterns are changed, creating new pathways from the brain to muscles.
• The increase in muscle recruitment required to maintain your balance on the ball results in a (slight) increase in caloric burn.
• Decreases the likelihood of remaining in static postures for too long—a known risk factor in the development of musculoskeletal disease.

Precautions:

• The lack of a backrest may allow users to slump forward OR sit up too straight (sitting using a backrest with a slight recline actually reduces the amount of pressure in your lower spine).
• The lack of armrests may increase the amount of strain in your neck and shoulders.
• Depending on the size/position of the ball and other components of your workstation, using a ball may force a user to reach too far for items on the desk.
• Balls are unstable. It is easy to fall off the ball and potentially injure yourself. Use caution.

Choosing your stability ball:

• Get the right size.
  o 4’11” and 5’4”, select a ball that is 55cm in diameter
  o 5’5” and 5’11”, select a ball that is 65cm in diameter
  o Over 6’0” tall, select a ball that is 75cm
  o If user is outside of these height ranges, stability ball may not be the best seating option for them, as it will not allow them to position themselves correctly.
• Make sure ball is puncture resistant.
• Be sure to inflate ball to recommended pressure settings.

Using your stability ball:

• Do not use the stability ball as your sole sitting surface. Rather, use it for periods of time throughout the day.
• Start slow. Sit on the stability ball for several minutes out of the hour, then gradually increase the time spent.