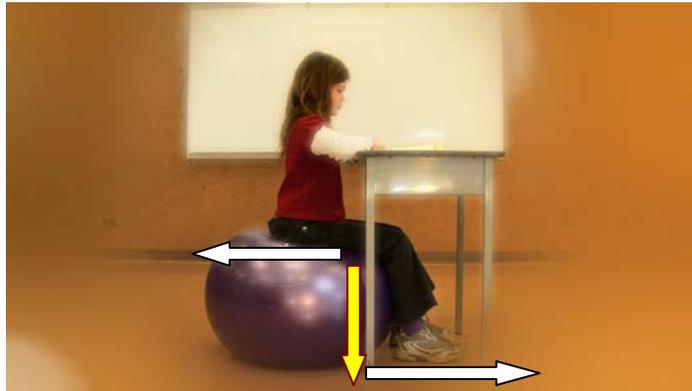


THERAPY BALLS in the classroom setting



Q: Why are therapy balls useful in a classroom setting, and what student changes might a teachers expect to see?

A: A study by Jean Dietz found that therapy ball use in a classroom setting resulted in increased “in seat” time and improve handwriting legibility and out put speed.

Q: Why?

A: Stimulation to a child’s vestibular system with therapy ball use results in improvements in postural tone, bilateral coordination and self-regulation of arousal state, all essential components for printing and maintenance of attention.

Q: Where do I buy therapy balls?

A: Physiotherapy clinics, gyms, therapy equipment suppliers such as School Specialty www.schoolspecialtyonline.com, Sears, Walmart, Canadian Tire.

Q: How much do they cost?

A: It depends on quality of the ball and size. While the clinics, gyms and equipment suppliers usually stock a higher quality therapy ball, with increased choice of sizes, check out your local department stores first. You may get a discount for higher volume at the equipment suppliers.

Q: What size do I get?

A: When seated on the therapy ball at a desk, children’s ankles, knees and hips should be at 90 degrees (see above arrows). Measure from the floor to the back of the child’s knee crease (yellow arrow), and then add 3-4 cm for ball deflation when sitting. You should always go up in size (not down) if your measurement falls between ball sizes. If you are ordering for a classroom, suggest ordering a variety of sizes appropriate to your classroom distribution of student heights.

Q: Are there any children who SHOULD NOT use a therapy ball?

A: YES! Some children have vestibular sensitivity and will report nausea or headaches will therapy ball use. Children will low postural tone will report feeling tired. Some children may not like the sensation of a therapy ball.