



The Sibley Report

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... the place to find valuable information to help make your job - and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, nearly 200 healthcare professionals and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer...while also benefiting from the "small business" customer service philosophy of our dedicated Insurance Services Division.

Sibley

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Think Outside the Box...and Get on the Ball!

Physical rehabilitation programs and personal fitness programs often focus on increasing abdominal strength. The question is does abdominal training have anything to do with improving function? During activities of daily living, what we really need is for our abdominal muscles to work as a team with other muscle groups to provide us with balance and stability.

The fitness industry has come up with hundreds of abdominal conditioning "gimmicks" with the goal of strengthening and "flattening" the abdominal muscles. They range from "Ab-Mania" aerobic classes to equipment that supports the neck and back, to electronic gizmos, and most gym exercise equipment is designed to have you seated or lying with your back supported by a cushioned backrest.

However, your abdominal muscles, back muscles, glutei, hip flexors, etc. must all work together to provide you with the stability you need in your day-to-day life. Introducing "The Ball", also commonly known as the Physio Ball, the Stability Ball, or the Swiss Ball.

The Ball's shape provides an unstable base that challenges us to stabilize our bodies by using our muscles in combination to create stability. It is also very effective in helping to correct postural deviations and improving strength and endurance of the postural muscles. It is an excellent option because not only is it very useful in improving trunk stability, it is also inexpensive and easy to use at home. In fact, more and more it is being incorporated into Home & Gym Exercise Programs in a wide range of rehabilitation programs. There are hundreds of effective and fun exercises that you can do using the Ball, for a sample, please see the attached Ball Training for Function Exercise Program.

It can be an effective part of any exercise program for you and your clients ...Why not give it a try? - It's a Ball!

For more information about Personalized Exercise Programs, please call Sibley & Associates at 1(800) 363-8900

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