

## Exercise Prescription: Exercise Ball Neck Strengthening

### Purpose of Exercise:

This exercise challenges baby to hold their head up to gravity during tummy time on an exercise ball. This allows for different directions and angles of challenge for baby and also works one-sided neck strength in the case of single sided muscular weakness.

### Frequency:

5-10 minutes (to tolerance), 3-5 times per day. Stop exercise if baby is uncomfortable or begins to cry.

### Starting Position:

Sitting on a chair (or floor) with an exercise ball between your knees, place baby on their tummy on top of the ball in the center.

### Exercise Description:

With hands stabilizing baby on either side of their torso, slowly roll the ball forward, backward, and side to side. Baby's head should lift away from the ball, holding it up against gravity. Work all directions. Complete 3-5x more repetitions on the weak side.

Bonus: have baby turn head to look over the shoulder for extra strength gains!

### Pictures:

