

Ball Inflation Instructions:

- 1. Place straw at ball opening.**
- 2. Blow up ball. When ball is full pinch opening closed.**
- 3. Fully insert plug into the hole so it is flush with the ball.**
- 4. Ball may lose one third of the air and still be appropriate for use.**
- 5. You are now ready to begin your exercise program.**

Exercise Instructions:

- 1. With thighs touching, loop the exercise band around both thighs and fasten with the white clip.**
- 2. Place ball between knees.**
- 3. Roll your knees outward against the band for 10 seconds.**
- 4. Push your knees inward against the ball for 10 seconds.**
- 5. Rest for 10 seconds.**
- 6. Repeat cycle per your therapist's recommendations.**
- 7. To store the band, fold and place in a cool and dry area.**
- 8. Keep away from direct sunlight.**
- 9. Avoid using the band if it is cracked or damaged.**

Warning- Choking hazard, contains small pieces. Not recommended for Children under 3 years of age. Non - Latex.