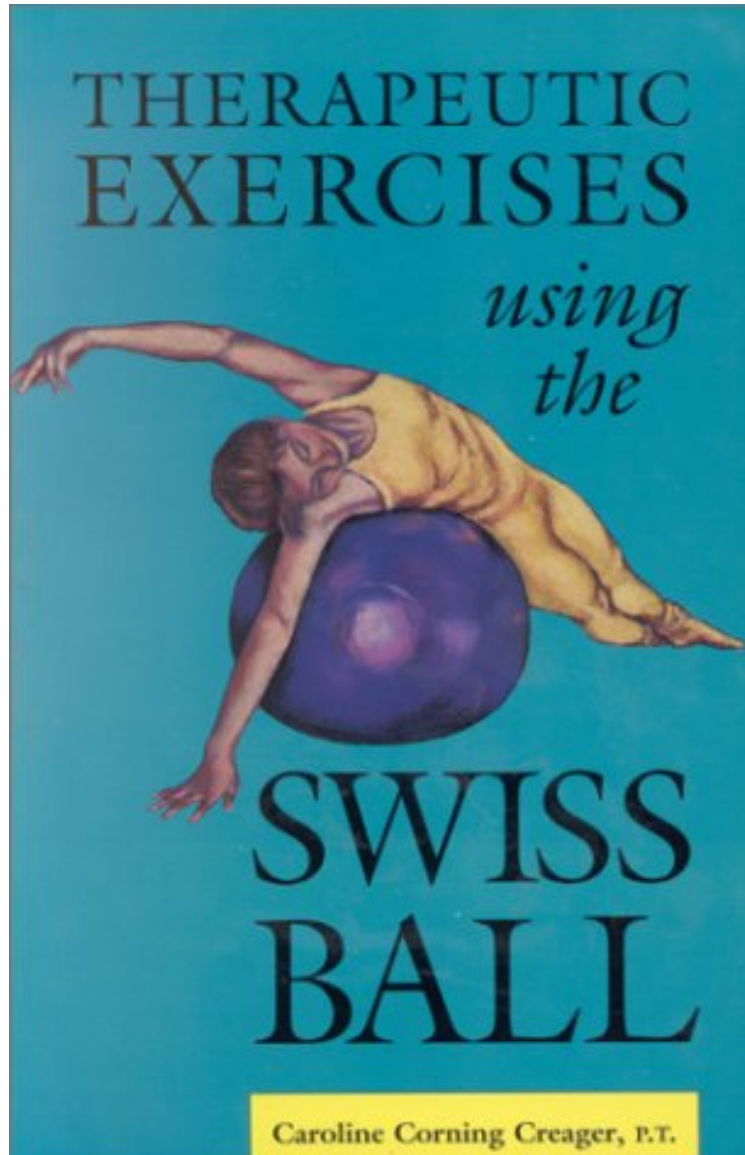


## Therapeutic Exercises Using the Swiss Ball

*Caroline Corning Creager*

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**Caroline Corning Creager : Therapeutic Exercises Using the Swiss Ball** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Therapeutic Exercises Using the Swiss Ball:

0 of 0 people found the following review helpful. I'm quite disabled, and find this ball very helpful. By Anita G. Johansen writer great device I can bounce on it as my primary aerobic workout as I am quite disabled with an inoperable torn labrum in my hip. 5 of 5 people found the following review helpful. Best book I've found for use with the swiss ball. By snowsprinkle There are hundreds of exercises in this book, everything from beginner to advanced. There is a

section with a series of exercises combining the swiss ball and a resistive band; also a section of hand exercises using a small (high-bounce) ball (a very effective tool for exercising the hand). There is something for everyone at any level of fitness in this book. Each exercise is clearly illustrated with a drawing and concise written instructions. 2 of 2 people found the following review helpful. Therapeutic Exercises Using the Swiss Ball By Karyn R. Duncan Great book! I work as a Physical Therapist Assistant. I use this book with my patients for core strengthening and stability in the low back. It is a neat book as it allows copying and administering to patients for the purpose of creating a home exercise program. The author herself is a physical therapist who understands this need. The book arrived in a timely manner, and in condition described. I highly recommend this book and would buy from the seller again!

The focus of this text is to improve individualized clinical, work, recreational and home exercise programmes by presenting exercise instructions using the Swiss ball. It provides illustrated exercises for the therapist, chiropractor, physical or healthcare professional.

Therapeutic Exercises Using the Swiss Ball provides numerous clear and concise illustrations for learning these valuable exercise techniques. We have used the Swiss Ball exercise techniques along with our Myofascial Release Approach and found it to be extremely helpful with our patients. -John Barnes, P.T. --Back cover of Therapeutic Exercises Using the swiss Ball Therapeutic Exercises Using the Swiss Ball will open your mind to innovative new methods for developing strength, increasing flexibility, and improving balance and coordination. I have been using the Swiss Ball for years and am continually amazed by the possibilities of its uses, especially in the rehabilitation of sports injuries. - Thomas H. Ravin, M.D. --Back cover of Therapeutic Exercises Using the Swiss Ball About the Author Caroline Corning Creager is an award-winning author and an internationally recognized speaker on core strengthening and dynamic stabilization exercises. She is the owner of Executive Physical Therapy and the Berthoud Athletic Club, and author of eight books. Caroline has written or been featured in numerous articles: Cooking Light, Writer's Digest, Baby Steps, Flare Pregnancy, The Sunday Telegraph, Fitness, IDEA Personal Trainer, Massage Therapy Journal, Family Circle, Medical + Wellness, etc., and has appeared on local and national television.