



A Hop Ball can be a versatile piece of equipment to have for your home program.

Size: The diameter of the hop ball should equal the distance from your child's shoulder to the end of the finger tips.

Hint: you may wish to get a ball that is slightly larger to allow for growth for the first year of use.

One Hop Ball can be used for several activities.

For example, It can be used as:

- ✓ A ball chair for sitting at a low table
- ✓ A tool to strengthen balance and coordination when used for hopping around obstacles
- ✓ A physioball for weight bearing on the arms and strengthening the back when the handle is turned to the side

