



Sensory Processing Service

Therapy Ball Measurements



**Caring, Learning
& Growing Together**



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Therapy Ball Measurements

Guidelines based on the ball being fully inflated

HEIGHT	5' & UNDER	5'1"- 5'8"	5'9" – 6'2"	6'3" - 6'7"	6'8" & OVER
BALL SIZE	45CM	55CM	*65CM	75CM	85CM

**Option of getting 55cm ball and fully inflate it or purchasing 65cm and inflate to your correct height.*

Please Note: If body weight to height is larger than the average proportion, sitting on the exercise ball will compress it down more, so individuals should try using the next larger exercise ball size in order to maintain the 90-degree rule (see below). If your child has difficulty with balance, consider using either a ball with feet or a peanut style ball as an alternative.

IT IS ABSOLUTELY VITAL THE BALL IS THE CORRECT
SIZE FOR YOU

INCORRECT SIZE MEANS YOU ARE IN DANGER OF A
BACK INJURY

IF THE PERSON USING THE BALL HAS DIFFICULTIES
WITH BALANCE PLEASE CONSIDER USING A PEANUT
BALL AS AN ALTERNATIVE.



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To see if the ball is right size for you check the following:

- Feet should be flat on the floor - with even weight distribution
- Knees should be level with or slightly lower than the pelvis creating a right angle of 90°
- Pelvis, shoulders, and ears should be in a vertical line- the body should not be leaning in any direction as a counterbalance



Visit:

sensoryprocessinghub.humber.nhs.uk
for more help and information.