

Quarter Squat with Ball Squeeze

Starting position: Standing with feet shoulder width apart and a ball between your knees. Hold your arms out in front at shoulder height for balance.

Action: Gently squeeze the ball between your knees and do a half squat. Hold for 5seconds then return to the starting position.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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