

Environment of Care Topic of the Week

Exercise Ball Chairs

Exercise balls or ball chairs **are not recommended** as a replacement for a good ergonomic office chair. These balls can be used for some temporary sitting possibly to help with some core strengthening, but they fail to provide any back support, especially in the lumbar region which is an essential component of an ergonomic chair. Also, a chair seat pan should be made of a breathable material to transport heat and moisture away from the body but the material of a ball is non-breathable. Finally, exercise balls are not stable and require proper inflation which can lead to slips, falls and even fractures of bones.



A Stability Ball:

- ❖ Is not easily height adjustable.
- ❖ Is not very stable.
- ❖ Will roll away when not seated.
- ❖ Is not very mobile when seated.
- ❖ Does not have armrests or a backrest.
- ❖ May be a tripping hazard.



Do not try to use ball chairs for permanent seating, or when completing dynamic movements (such as typing or writing) or concentrating on work tasks. The safety concerns far outweigh any potential health benefits.