The purpose of this practical seminar is to allow one to fully understand how the Exercise (Swiss) Ball can be utilized to functionally help stabilize the core musculature. With the use of the exercise ball, we will explore the benefits of how it can be utilized to help with correcting posture, spinal mechanics and muscular neurophysiology. This presentation will involve both a theoretical component and a practical use of the Exercise Ball. Participants will be required to bring their own Exercise Ball or purchase one through the organizing committee upon which it will be delivered to the conference site and inflated for your use during the practical session. Please bring comfortable exercise clothing in order to allow you to participate freely with the exercises.

We will look at the following:

- History of the Swiss Ball
- Swiss Ball Physiology
- Henneman Principle
- Neural Physiology
- Nerve Recruitment
- Fiber Type
- Core Musculature
- Sit-up Physiology
- Stabilizing Physiology
- Low Back Pain
- Swiss Ball Sizing
- Core Orientation
- Core Exercise Program

References:

- http://www.brianmac.co.uk/corestabex.htm
- http://www.lifestylesport.com/swiss_ball_exercises.htm

Speaker Bio:

Kevin Duguay graduated from the Athletic Training and Management Program from Sheridan College in 1984 and was the recipient of the Cooper Canada Award for Outstanding Achievement. He is a Sports Rehabilitation Specialist and has worked as Head Athletic Therapist for a wide range of teams in both the Professional and Amateur setting. He has also lectured at Seneca, Humber and Sheridan College in the Health and Wellness field.