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&

GIVINGBIRTHENATURALLY.COM

BIRTH BALL SIZE SELECTION & CARE

BIRTH BALL SELECTION

A birth ball can typically be purchased locally, from a sporting goods, Walmart, or Target-type stores or from online sources such as Amazon.com. A professional physiotherapy ball, one that is designed for strengthening and low-impact exercises, should be chosen. It should also be burst-resistant. We recommend purchasing a ball with a weight bearing capacity of up to 1250lbs such as the FitBall® brand. A large children's ball or yoga ball should not be used as substitutes. Quality birth balls can be purchased for \$20-40 USD.

SIZING CONSIDERATIONS

To determine the appropriate “fit” of a ball, sit on the ball - your legs should fall at a 90° angle if the fit is correct. A 55cm ball will fit most women under 5’5” while a 65cm ball is usually appropriate for women over 5’5”. You can alter the inflation level of the ball somewhat to allow for a better fit. Correct inflation is achieved when the ball is firm but still “gives” to the touch. It should still roll easily. Birth balls that are not properly inflated will wear out more quickly. It will lose air over time so proper inflation should be checked regularly.

CARE AND CLEANING

Birth balls should be kept away from sharp objects and stored between 20° C and 80° F. If the ball is punctured, discard it; patching should not be attempted.

You may use a weak bleach solution, 10 parts water to 1 part bleach (10 cups water, 1 cup bleach) to disinfect the birth ball. Keeping the solution in a spray bottle is a time-effective solution for frequent users. To disinfect the birth ball:

1. Place the ball in a shower/tub or other well-ventilated area
2. Put on rubber gloves
3. Spray the ball or a towel
4. Wipe down the ball. Wait 12-15 minutes then rinse or wipe with a clean cloth and plain water.

You may also wipe down the ball with antibacterial wipes between uses. Alternately, you can spray the ball with a germicidal cleaner, such as Cidex, let stand as directed and rinse.