

Shoulder Exercise Ball from PLAYWORK

We ask a lot of our shoulders, including having the flexibility and strength to lift, reach, carry, hold, press, and pull. With all of these movements, it isn't surprising that we may experience a certain degree of shoulder discomfort in our life.

Being the most movable joints in our body, our shoulders are also quite unstable due to the wide range of motion allowed. This instability increases the probability of joint injury, which could lead to a degenerative process and shoulder pain, ranging from a minor annoyance during bench press to limited function and strong discomfort all day long.

If shoulder pain is left untreated, it can quickly turn into a chronic problem inhibiting simple everyday activities like getting dressed, carrying groceries, or combing your hair. This is where shoulder exercise balls come into play.

PLAYBALL: The Future of Shoulder Exercise Balls

While some sources of shoulder pain like dislocation or fracture require immediate medical attention, other common conditions like arthritis, instability, or overuse can be effectively treated at home with PLAYBALL - a special shoulder exercise ball from PLAYWORK.

Contrary to a common belief, your shoulder is more than a single joint. Instead, it is comprised of multiple joints that are connected with a tendon and muscles that provide the required stability and rotation function. PLAYBALL has been developed to help exercise your entire shoulder complex to aid rehabilitation from injuries or disorders. Our state-of-the-art exercise ball provides a significant level of resistance and helps build up strength, as well as increase the range of motion and much-needed flexibility of your shoulder complex.

PLAYBALL is created from soft but resistant rubber for increased grip and durability. It can be used for shoulder rehabilitation exercises in sport medicine facilities, hospitals, clinics, rehabilitation centres, or directly at home.

Innovative IoT Technology

The physiotherapy ball from PLAYWORK employs proprietary IoT (Internet of Things) technology to turn regular physical therapy and rehabilitation exercises into a fun and engaging process. You can have fun with our gamified shoulder exercises, while our smart product keeps track of your performance and produces a customized data-driven care plan.

Benefits of Shoulder Exercises with PLAYBALL

While there are countless traditional shoulder exercise balls available on the market, our team at PLAYWORK was determined to create a more advanced, gamified alternative to make the therapy more efficient, simple, and, of course, enjoyable.

Some of the principal benefits of shoulder exercises with PLAYBALL include:

- **Reduces stiffness and pain.** Relieves chronic shoulder pain and improves flexibility.

- **Strengthens shoulders.** Improves strength and mobility of your shoulder joint complex.
- **State-of-the-art technology.** Our shoulder exercise ball allows turning regular rehabilitation or physical therapy exercises into an engaging activity that you will look forward to.
- **Easy to use.** Perfectly sized and created with high-quality rubber, PLAYBALL ensures a comfortable, non-slip grip.

Create Your Own Games and Exercises with PLAYBALL

With PLAYBALL, you will find hundreds of pre-programmed shoulder therapy exercises, but the perks don't stop there. The best part is that you can invent and implement your own exercises and games!

Review our video tutorials and complete some of the pre-installed exercises, such as:

- Ball-on-wall shoulder exercise for shoulder stability and strength
- Bilateral hand press to strengthen hands and shoulders
- Isometric chest-press activity to strengthen shoulders, arms, and core muscles

...and more!

[Buy PLAYBALL today.](#)