

## **Total-Body Exercises with PLAYBALL**

Do you suffer from stiffness in your shoulders, pressure in arthritic fingers, or muscle pain in your back? Are you trying to recover from an injury or trauma or hoping to minimize the discomfort of chronic pain and limited range of motion in your wrists, elbows, or shoulders?

Whatever the case, total-body exercises with a therapy ball from PLAYWORK can prove useful.

### **PLAYBALL: One-of-a-Kind Tool for Total-Body Exercises**

The benefits of total-body exercises with a rubber rehabilitation ball have been reaped for decades by physiotherapists around the world. From reducing joint pain and stiffness to improving the strength and flexibility of various muscle groups, these small affordable tools have unexpectedly a lot to offer.

At PLAYWORK, we took a standard therapy ball to the next level. Our innovative exercise ball (PLAYBALL) offers a strong resistance level to help build up muscle strength, relieve pressure, and increase flexibility and the range of motion. Made from soft rubber, it offers a comfortable grip and increased durability.

But, most importantly, PLAYBALL employs proprietary IoT technology to turn regular total-body exercises into a fun and engaging gamified process.

### **The Mysterious IoT Technology**

IoT, or the Internet of Things, technology describes the network of physical “things” or objects that are embedded with software, sensors, and other technologies to connect and exchange data between each other over the Internet.

At PLAYWORK, we were determined to develop an improved alternative to standard exercise balls to make the therapy process not only effective but also fun and enjoyable. By employing IoT in PLAYBALL, we were able to create a unique product that allows you to complete specially-designed physiotherapy games and exercises, while our smart software tracks your performance to produce a customized care plan driven by the collected data.

### **Unmatched Versatility**

PLAYBALL was designed for hundreds of common rehabilitation and total-body exercise techniques. Review our video tutorials and try out some of the pre-installed exercises for:

- Hands, wrists, and fingers
- Shoulders
- Arms
- Core muscles
- Thighs
- Lower limbs
- Balance

- Hand-eye coordination

You can even invent and create your own exercises and games, - the possibilities are limitless.

## **Benefits of At-Home Exercises with PLAYBALL**

Some of the main benefits of using PLAYBALL on a regular basis include:

- **Strengthens muscles.** Improves strength and mobility of various muscle groups, such as hands, fingers, forearms, shoulders, thighs, core, and more.
- **Minimizes pain and stiffness.** Improves flexibility and blood circulation, as well as reduces chronic muscle and joint pain.
- **Stress relief.** Small and portable, PLAYBALL can be used as a go-to stress relief tool for adults or students to reduce tension, anxiety, and stress levels.
- **Comfortable grip.** Made from soft rubber, our exercise ball is perfectly sized to ensure a comfortable, non-slip grip.
- **Fun and engaging.** Proprietary IoT technology turns regular rehabilitation or physiotherapy total-body exercises into a fun and exciting activity.

*If you suffer from injuries or medical conditions that limit your regular ability to move and function, don't overlook the importance of regular at-home exercises. [Buy PLAYBALL today.](#)*