

EXERCISES USING AN EXERCISE BALL

Ball Supported Kneeling Prayer



Start in the kneeling position with hands resting on the ball. Slowly reach and lean forward. Keep your abdominal tight to stabilize the spine. Do not arch your back. Slowly return to starting position.
Perform _____ repetitions. Repeat _____ times/day/week.

Ball Supported Overhead Reaches



Lie on your back on the ball while keeping your knees bent and feet on the floor. Grasp another ball (or weight for resistance) and raise it up towards the ceiling. Keep your arms straight. Tighten abdominal muscles and slowly reach overhead. Keep your abdominal muscles tight throughout the exercise. Slowly return to starting position.

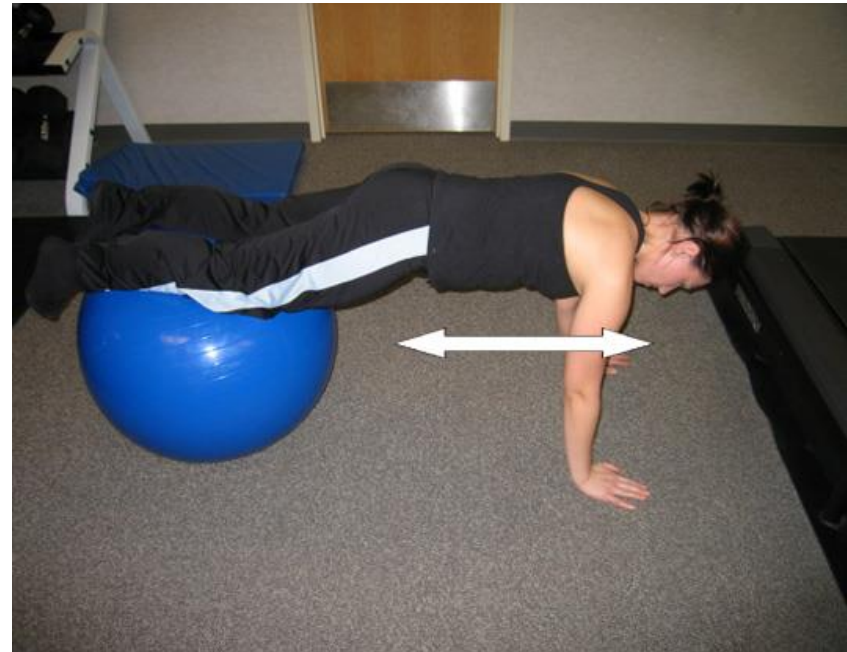
Ball Supported Supine Rotation



Start with shoulders resting on ball and arms extended overhead. With a controlled motion gently rotate side to side. (May use a weight for added resistance).

Perform _____ repetitions. Repeat _____ times/day/week.

Ball Supported Walk-outs



Start with abdomen resting on the ball. Slowly walk forward with hands. Try to maintain good spinal position throughout exercise. Then return to starting position.

Perform ____ repetitions. Repeat ____ times/day/week.

Lift and Chop



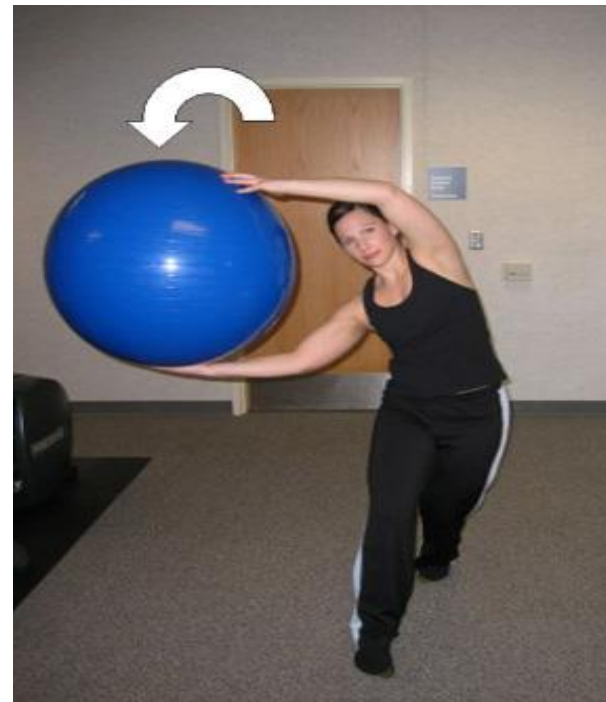
Start with a wide stance and the ball at chest level. Squat and touch the ball to the floor with rotation (do not arch your back) then stand up and reach up and outward with rotation. Repeat with the other side.

Perform _____ repetitions. Repeat _____ times/day/week.

* Can also be initiated with wall support.

* Can also perform a squat with the ball touching the floor in front of the feet and raising the ball overhead.

Overhead Wave



Begin with ball in outstretched arms overhead, side-bend with ball over stepping leg to create lateral side bending in spine. Attempt to keep your abdominal muscles tight through out the exercise. Only perform within pain-free range of motion.

*NOTE: Do not bend backwards during motion. Attempt to maintain slightly flexed posture at spine.

Prone Reverse Crunches



Start with your lower legs on the ball with your arms supporting you. Slowly bring knees towards your chest then return to starting position.

Perform ____ repetitions. Repeat ____ times/day/week.

Seated Core Rotation with Resistance



Start in seated a position with proper spinal posture (either in chair or on ball). Extend arms outward at chest level. Rotate against resistance band while maintaining upright spinal posture. Return to the starting position.

Perform ____ repetitions. Repeat ____ times/day/week.

Seated Spinal Extension with Upper Extremity Lift



Start in seated position with proper spinal posture (either in chair or on ball). Reach forward to grasp the bands with your arms straight out in front of you. Allow your spine and hips to bend forward but do not arch your back. Pull the bands up and outward as you return to the seated position. The bands will provide resistance. It is important to maintain good spinal position throughout this exercise.

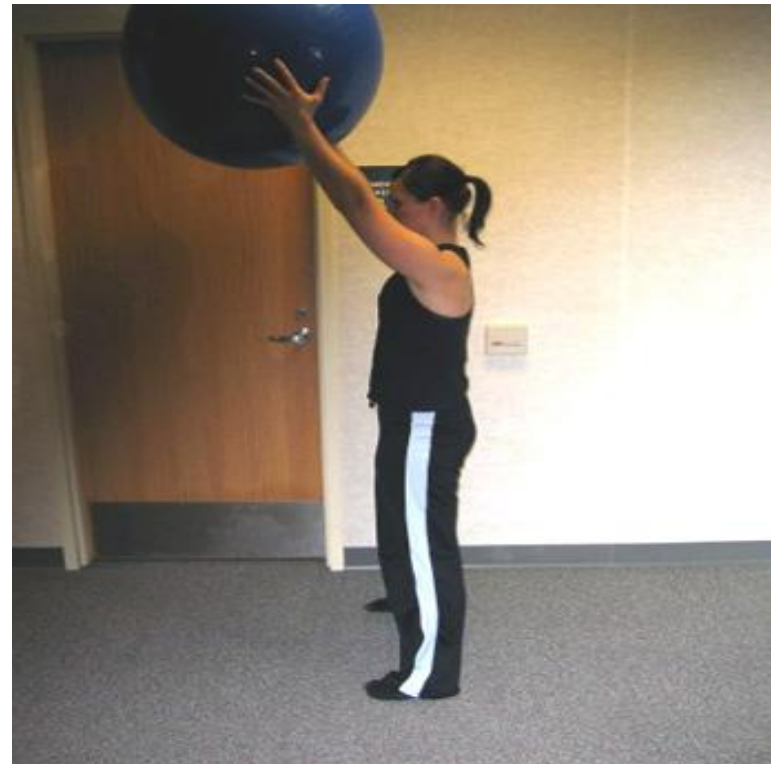
Perform _____ repetitions. Repeat _____ times/day/week.

Seated Spinal Rotation (Lift and Chop)



Start in seated position with proper spinal posture (either in chair or on ball). Extend arms outward. Reach downward and to the side, then up and outward. Maintain stable spinal posture. Switch directions. Perform ____ repetitions in each direction. Repeat ____ times/day/week.

Squat and Reach with Overhead Lift



Start with wide stance and ball at chest level. Squat and touch ball to floor and then stand up and reach up and outward. Do not let the back arch.

Perform _____ repetitions. Repeat _____ times/day/week.

* Can also be initiated with wall support.

Supine Ball Lifts with Rotation (Steering Wheel)



Gently squeeze ball with legs. Keep your abdominals muscles tight and your back against the mat. Slowly raise ball off floor approximately 12 inches. Slowly rotate ball while attempting to keep spine stable.

Perform _____ repetitions. Repeat _____ times/day/week.

Supine Ball Lifts



Lie on back. Start with the ball supported between your feet. Gently squeeze the ball with your legs. Tighten your abdominal muscles and keep your back against the mat. Slowly raise the ball off floor approximately 6-8 inches. Slowly return to starting position.

Perform _____ repetitions. Repeat _____ times/day/week.

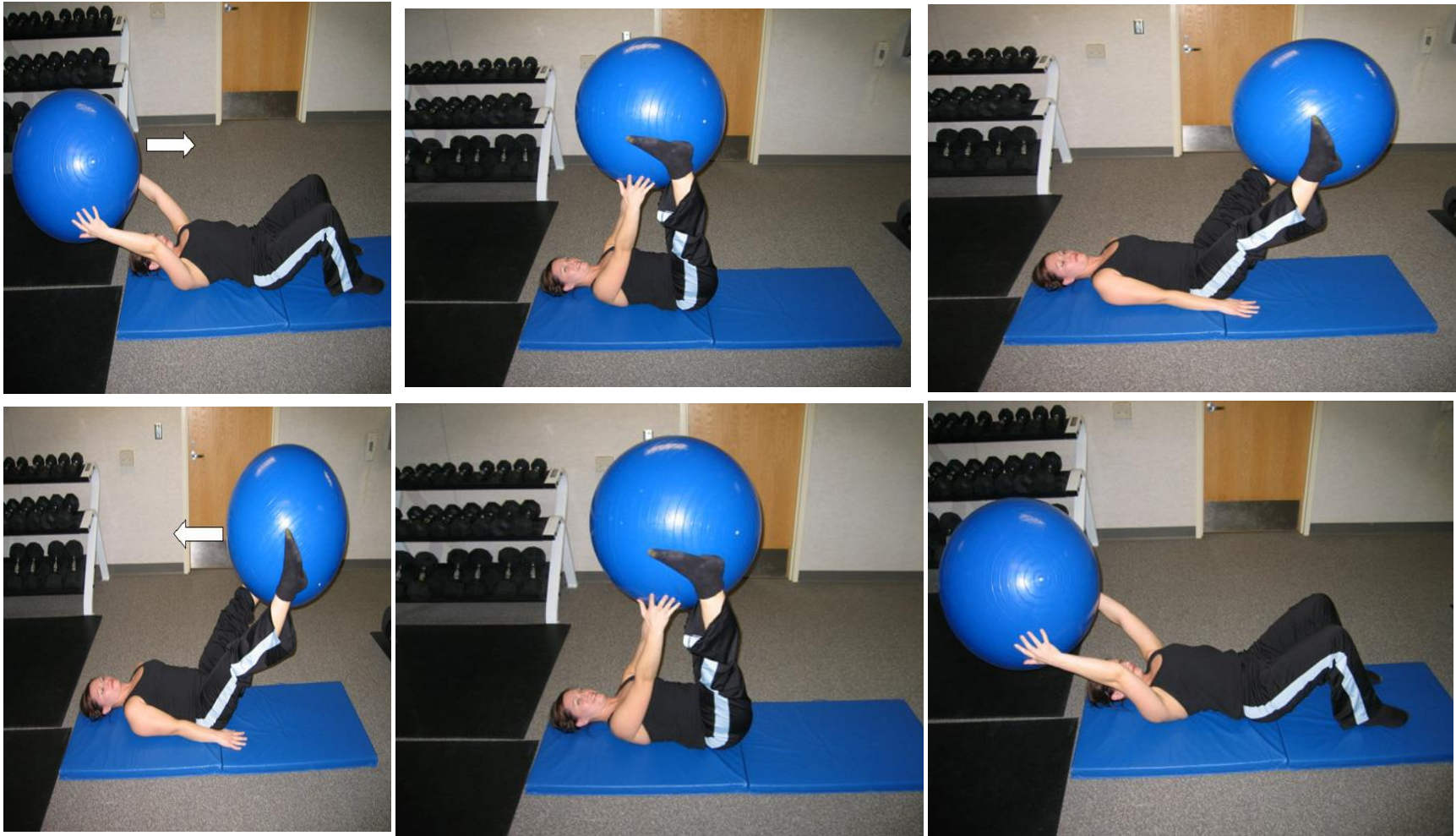
Supine Upper Trunk Rotation



Lie on your back. Start with ball and arms extended overhead and knees bent to approximately 90 degrees. With a controlled motion gently rotate side to side. Keep your abdominal muscles tight throughout the exercise.

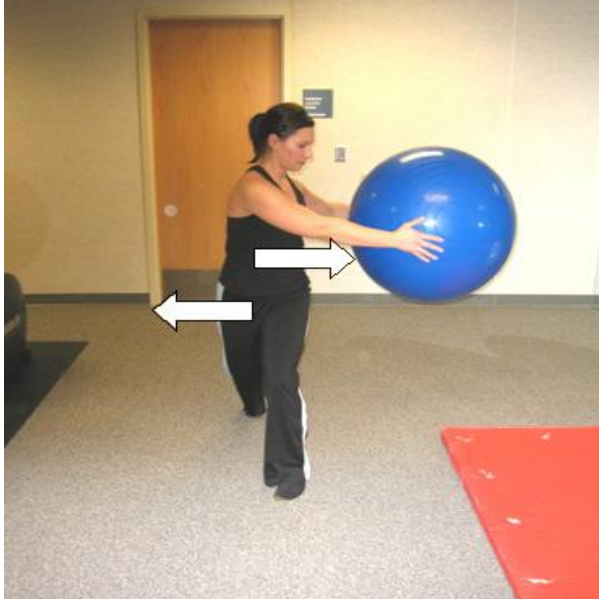
Perform _____ repetitions. Repeat _____ times/day/week.

Abdominal Ball Passing



Start with ball in hands, tighten abdominal muscle to stabilize spine and lift legs up to grasp ball. Pass ball to feet. Lower legs down while keeping your abdominal muscles tight and your back straight. Repeat sequence from legs to hands.

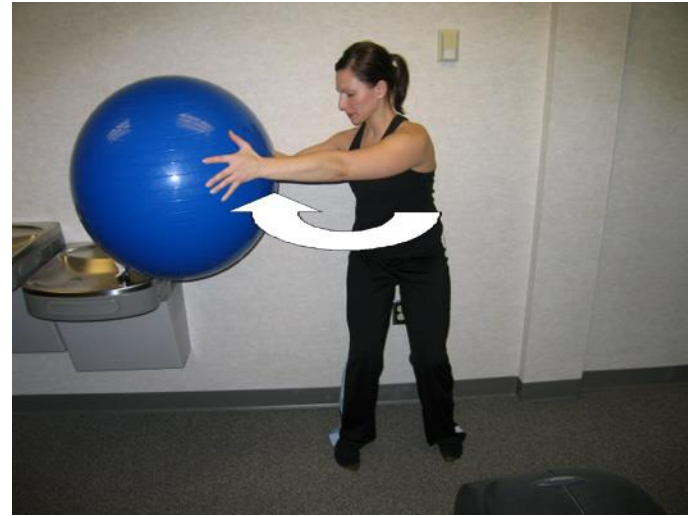
Walking Core Warm-up (Counter-rotation)



Begin with ball in outstretched arms, rotate ball over stepping leg. Attempt to maintain firm abdominal control. Only perform within pain-free range of motion.

Perform _____ repetitions/steps/feet. Repeat _____ times/day/week.

Wall Supported Rotation with Ball



Start with buttock resting on wall. Lean forward slightly (attempt to keep abdominal muscles tight and do not arch your back). Slowly rotate at trunk from side to side with good posture. Perform ____ repetitions. Repeat ____ times/day.

Ball Bridges Progression



Ball Bridges with Legs Straight

Lie on the mat with your heels on the ball. Lift your buttocks off the mat.
Hold for _____ seconds. Perform _____ repetitions Repeat _____ times/day



Ball Bridges with Knee Flexion

Lie on the mat with your knees bent and your feet on the ball. Lift your buttocks off the mat.
Hold for _____ seconds. Perform _____ repetitions Repeat _____ times/day

Ball Bridges with Ball Rolling



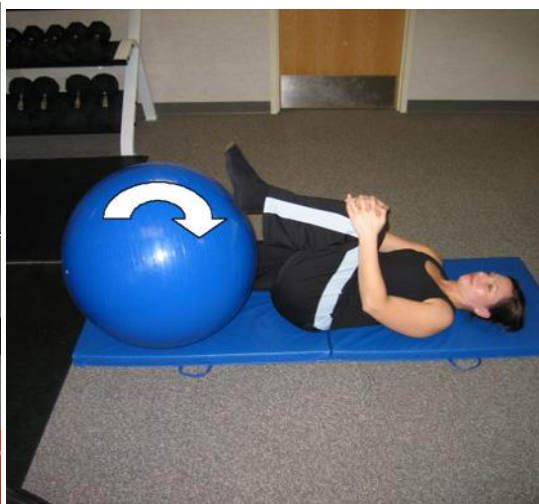
Start in a ball bridge position. Then while maintaining the bridge position, roll the ball towards the buttocks, then return to start position.

Perform _____ repetitions. Repeat _____ times/day.



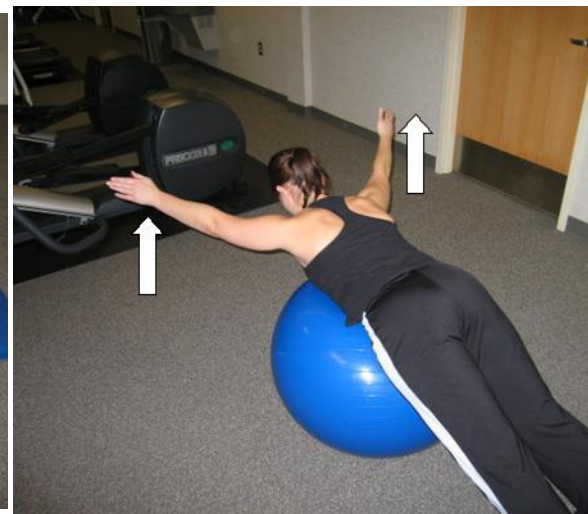
Ball Supported Opposite Hip Extension/Arm Flexion

Start by lying face down on the ball. Tighten abdominal muscles to stabilize your spine (do not allow spine to arch). Lift hip/leg upward to neutral position and opposite side arm. Repeat with alternate extremities.



Ball Supported Single Knee to Chest Stretch

Support foot on the ball. Roll ball with one leg towards chest. Assist with stretch by holding knee with hands.



Ball Supported Spinal Extension (Cobra's)

Start by lying face down on the ball. Tighten abdominals to stabilize spine (do not allow spine to arch). Lift arms upward.

Table-Top Ball Roll-Out



Start in standing position at edge of table with hands resting on ball. Slowly reach forward, allow bending to occur at hip and waist (attempt to maintain neutral spine posture). Using spinal muscles return to start position.