

PHYSIOBALL ABDOMINAL AND LOW BACK EXERCISES

Always consult with your physician or other qualified health care provider before initiating a new treatment, diet or fitness program.

Perform all physioball exercises while maintaining Pelvic Neutral

PELVIC NEUTRAL



Maintain Pelvic Neutral

- Place your hand in the small of your lower back, press your lower back into your hand to make it flush with the table. (Remove your hand when flush.)
- Breathe out and contract your abdominals around your navel.
- Hold position for 5 seconds, Repeat 20 times.

SUPINE BALL PRESS



Maintain Pelvic Neutral

- Press both hands and knees into physioball simultaneously.
- Hold position for 2 seconds, repeat for 2 sets of 10 repetitions.

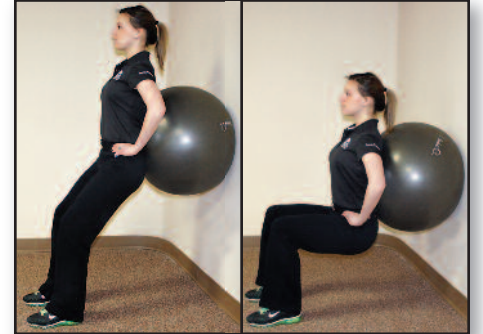
90/90 BALL PRESS



Maintain Pelvic Neutral

- Raise both feet up from the table and press both knees into physioball while simultaneously pressing both hands into PhysioBall.
- Hold position for 2 seconds, repeat for 2 sets of 10 repetitions.

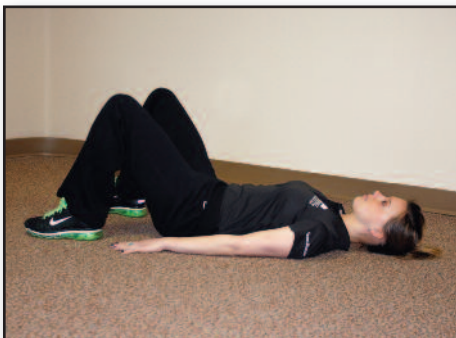
PHYSIO BALL WALL SQUATS



Maintain Pelvic Neutral

- Place physioball against wall with the small of the back up against it.
- Spread feet shoulder width apart and place hands on your thighs.
- Keep head up and lower your body until your thighs and lower leg create a 90 degree angle.
- Repeat for 2 sets of 10 repetitions.

SUPINE ALTERNATING ARM BALL PRESS



Maintain Pelvic Neutral

- Alternate pressing right and left hands into physioball.
- Hold position for 2 seconds, repeat 2 sets of 10 repetitions.



90/90 PHYSIO BALL PRESS WITH ALTERNATING LEGS



Maintain Pelvic Neutral

- Raise both feet up from the floor and press each knee into physioball, while simultaneously pressing both hands into physioball.
- Alternate straightening right and left legs.
- Hold position for 2 seconds, repeat for 2 sets of 10 repetitions.



BRIDGING WITH BILATERAL LOWER EXTREMITY EXTENSION



Maintain Pelvic Neutral

- Elevate hips from the floor while pressing heels into physioball, until midsection and thighs are in a straight line.
- Keep head, shoulder and arms flat on the floor.
- Bend knees to 90 degrees to roll physioball toward your body and then extend back out.
- Hold position for 2 seconds, repeat 2 sets of 10 repetitions.



REVERSE BRIDGE ON PHYSIOBALL



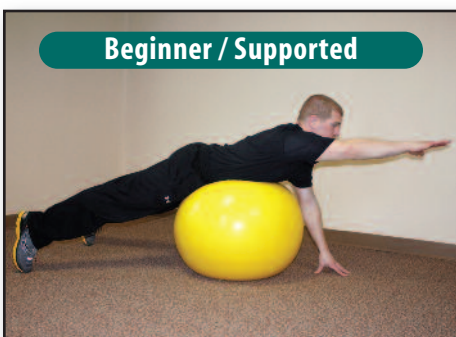
Maintain Pelvic Neutral

- Place physioball beneath both shoulder blades.
- Position both feet shoulder width apart and firmly on the ground.
- Allow hips to dip towards the floor, then elevate until midsection and thighs are in a straight line.
- Hold position for 2 seconds, repeat for 2 sets of 10 repetitions.



PRONE ALTERNATING ARMS ON PHYSIOBALL

Beginner / Supported



Maintain Pelvic Neutral

- Place both feet with toes on the ground, feet wider than shoulder width for good stability.
- Alternate moving left and right arms up and down.
- Hold position for 2 seconds, repeat for 2 sets of 10 repetitions.

Advanced / Unsupported



Injury Hotline: 1.877.MOBL.MED
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Hotline Email: 877moblmed@selectmedical.com



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