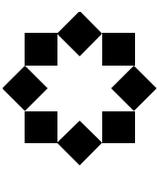


Stability Ball Exercise Program

Position: Sitting on the ball

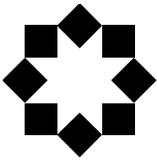
1. Deep Breathing- hands on sides of ribs, cleansing breath in through nose, exhale out mouth. 10 times
2. Pelvic Rock 1- rock forward arching your back, then back, flattening your back. Repeat 10 times
3. Pelvic Rock 2- rock side to side breathing naturally, finding your own rhythm. Repeat 10 times
4. Pelvic Bowl/Circles- rock forward, to side, back, to other side, using your abdominals. Repeat 10-30 times in both directions
5. Posture Lift- hands on top of head, raise crown of head into hands with resistance, hold for 5 counts, and relax for 5 counts. Repeat 3 times.
6. Neck Stretches- chest up, shoulders back and tighten abdominal muscles
Side Bend-bring ear to shoulder while looking straight ahead, hold for 10-20 sec. Repeat 3 times each side.
Rotation-turn head to right, hold for 20-30 sec. Repeat 3 times each side.
7. Chest Stretch- sit on ball then walk feet out until chest and head rest on ball keeping chin tucked in. Keep buttocks lifted up and tighten abdominals keeping lower back flat. Move arms above head and hold 10-20 sec. Repeat 3-10 times.
Bend shoulders and arms to 90 degrees and move arms back holding for 2-10 sec then bring forearms and elbows together. Repeat 3-10 times
***BE CAREFUL WITH EXERCISE 7 ESPECIALLY IF YOU HAVE NECK PROBLEMS**
8. Knee Extensions- with fists squeezed between knees straighten knee, hold for 10 sec and slowly lower. Repeat 10-30 times each leg.
9. Knee Lifts-marching movement 10-30 times each leg
- swing arms while marching- 3 min
10. Bounce on Ball- controlled bounces, 2-20 min
11. Hip Flexor Stretch-kneel on left knee with ball in front of left hip and right foot next to ball. Maintain neutral pelvis as you lean forward holding for 20-30 sec. Repeat 3 times each side



Position: Lying on back, feet on ball, or floor to Concentrate on core muscles

Use caution if you have neck pain, osteoporosis, or are pregnant

1. Deep Breathing- same as before, only this time bring belly button towards spine and pelvic floor up- squeezing your bowel and bladder control muscles. Hold pelvic floor up on inhalation and relax on exhalation. Do until tired.
2. Pelvic Bowl/Circles- starting at tail bone, allow each vertebrae to drop down along the floor. Pelvic rock forward and backwards again, breathing in as you raise up and exhale as you flatten out. Use pelvic floor muscles.
Then switch to side to side then in a circle- 30 times for each movement.
3. Tummy Tightening (on hands and knees)- inhale to prepare when relaxed, then exhale as you pull belly button towards spine trying to maintain a neutral pelvis, hold for 10 counts. Repeat 10-30 times.
4. Tummy Tightening (on back) - exhale as you bring belly button towards spine trying to maintain a neutral pelvis.
For exercise 3 & 4
-Use hands to feel stomach tightening
-Don't let your back arch
-Don't bulge stomach
-Don't push down with feet-use stomach muscles instead
5. Low Back Stretch- heels on ball, bring knees to chest & hold for 20 sec. Repeat 3-5 times
6. Hamstring Stretch- legs on ball, straighten one knee & pull toes towards nose, hold 20 sec for 3-5 times.
7. Knee Sway- with/without ball-knees together and sway from side to side. Repeat 10-30 times each.
8. Angel Arms- legs on ball, move arms up to above head then down to sides (like making a snow angel). Repeat 3-10 times.
9. Bridging- legs on ball with knees bent then lift buttocks off floor while tightening stomach and buttocks, hold for 10 sec. Repeat 10-30 times.
10. Progressive Knee Lifts- heels on ball with a neutral spine, pull belly button to spine keeping back flat. Then alternate lifting one foot away from the ball- like marching. Repeat 10-30 times or **STOP when your back starts to arch.**
11. Side Stretch- kneel with ball alongside of body. Side stretch over ball raising top arm overhead and bottom arm to floor. Straighten top leg first then bottom leg splitting your legs for balance. Hold for 20-30 sec. Repeat 3-5 times each side.
12. Prayer Stretch- hands on ball and heels to buttock, straight stretch, side to side stretch, deep breathing. Hold for 30 sec. Repeat 1-3 times.



Position: Standing/Squatting

1. Standing Squat- ball between back and wall, make sure knees do not go beyond toes. Repeat 10-30 times (add heel raises for more difficulty)
2. Nerve Stretch (Carpal Tunnel) - stretch arm straight out to side placing ball between wall and hand. Extend wrist back so palm of hand touches ball. Fingertips opposite of nose. Keep shoulders down and turn head away from wall. Hold for 15-30 seconds. Repeat 3-5 times per side.

Position: On Stomach Over Ball

1. Stomach Roll- roll back and forth on stomach 10-30 times
2. Shoulder Roll- lay with stomach on ball while maintaining a neutral spine. Bend elbows as if rowing, squeezing shoulder blades together. Repeat 10-30 times.
3. Opposite Arm/Leg Lift- raise one arm and opposite leg hold for 5-10 sec. Repeat with other arm/leg 10-30 times each.