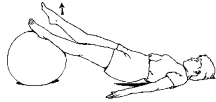




LOWER EXTREMITY - 9
Single-Leg Bridging with Heel on Ball



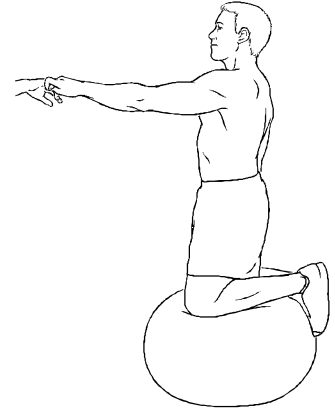
BEGINNERS PART: Put both heels on the ball while lying on your back. Push down on your heels until your upper body is in line with your legs. Hold for 5 seconds. Repeat 15 times per set. Do 3 sets per session. Do 2 sessions per day.

ADVANCED PART: With heels resting on ball and hips off floor, raise one leg from ball and hold 5 seconds. Return to starting position and repeat with other leg.

Repeat 15 times per set.
Do 3 sets per session. Do 1-2 sessions per day.

STABILITY BALL - 5 Kneeling

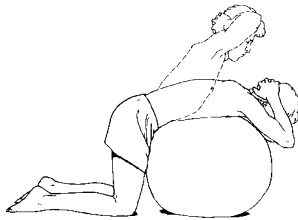
Kneeling on ball, maintain neutral spine. Hold 10 seconds. (Use assistance for support until competent and secure.)



Do 3 repetitions,
3 sets.

Advanced: Add one arm movement.

SPINE - 45
Kneeling Back Extension



With hands on back of head, extend upper back from ball until back is straight. NOTE: do not extend completely as its shown in the illustration. If your feet are slipping out behind you, back up towards a wall so the wall keeps your feet from slipping.

Repeat 15 times per set.
Do 3 sets per session. Do 2 sessions per day.

SPINE - 21
Supine on Ball Diagonal Curl-Up

From reclined position, perform diagonal curl-up, bringing one elbow toward opposite knee. Repeat with other elbow.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

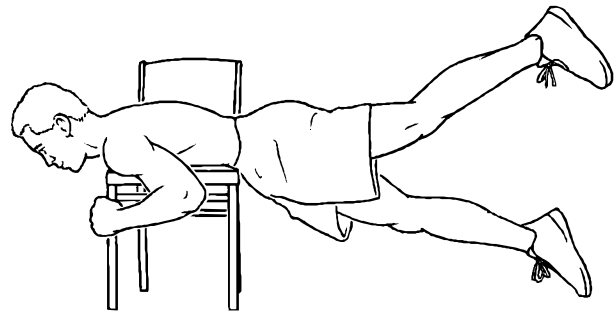
SIDE LYING RAISES

Lie on your side while leaning on your elbows. Keep your knees bent 90 degrees. Push up on your knees and elbow so that your upper body (trunk) is in line with your upper legs. Hold this position for 1-5 seconds. Repeat 10-15 times. Perform exercise on the other side.

ADVANCED PART: Lie on your side while leaning on your knees. Keep your legs straight in a scissors like fashion. Push up on your feet and elbow so your upper body (trunk) is in line with your legs. Hold this position for 1-5 seconds. Repeat 10-15 times. Perform exercise face down and on the other side.

Repeat 2-3 sets. Perform 2-3 times per day.

BACK - 70 Back Extension: Single Leg (Over Chair)



On stomach over chair, raise left then right leg level with trunk. Gently tense stomach, pressing navel to spine.

Repeat 20 times for each leg.. Do 3 sets per session.
Do 3 sessions per day.