

BALL STRETCHES

BL1 ()



Ball Bridges with Legs Straight: __ reps, __ sec hold, __ set

Lie on the mat with your heels on the ball.

Lift your buttocks off the mat.

*If this is too difficult then bring ball closer to your knees.

*If this is too easy, raise your arms up so that your hands are pointing towards your knees

BL3 ()



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. __ reps, __ sec hold, 1 set

BL5 ()



Abdominal Ball Passing: __ reps, __ sec hold, __ set

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.

* Variations: Can perform this exercise with knees bent.

BL6 ()



Ball Bridges Progression: __ reps, __ sec hold, __ set

Ball Bridges with Legs Straight or with Knee Flexion

Lie on the mat with your heels on the ball.

Lift your buttocks off the mat.

BL2 ()



Ball Supported Spinal Extension (Cobra's): __ reps, __ sec hold, __ set

Start by lying face down on the ball

Tighten abdominal muscles to stabilize your spine (do not allow spine to arch).

Lift arms upward.

BL4 ()



Table-Top Ball Roll-Out __ reps, __ sec hold, __ set

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

BL7 ()



Ball Supported Kneeling Prayer: __ reps, __ sec hold, __ set

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.

BL8 ()



Ball Supported Overhead Reaches: __ reps, __ sec hold, __set

Lie on your back on the ball while keeping your knees bent and feet on the floor. Grasp another ball 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.

BL10 ()



Overhead Wave: __ reps, __ sec hold, __set

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.

BL11 ()



Seated Core Rotation with Resistance __ reps, __ sec hold, __set

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.

Stretching Guidelines:

- Always stretch to relax your muscles by focusing on isolating the muscle and your breathing.
- Stretch to tolerance with deliberate focus on relaxing the targeted muscle group.
- Do not stretch to the point of pain because pain tightens muscles and defeats the purpose of stretching.
- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, *stop* ALL stretches and home therapy recommended by our office and call Dr. Parks at 336.993.9690

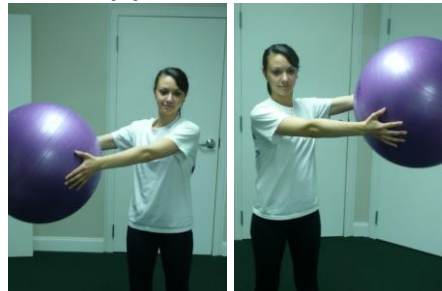
BL9 ()



Lift and Chop __ reps, __ sec hold, __set

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. * Can also be initiated with wall support or with ball touching the floor in front of the feet and raising the ball overhead

BL12 ()



Walking Core Warm-up (Counter-rotation) __ reps, __ sec hd, __set

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

BL13 ()



Walking Core Warm-up (Counter-rotation): __ reps, __ sec hold, __ set
 Begin with ball in outstretched arms, and rotate ball over stepping leg.
 Attempt to maintain firm abdominal control
 Only perform within pain-free range of motion

BL14 ()



Squat and Reach with Overhead Lift: __ reps, __ sec hold, __ set
 Start with wide stance and ball at chest level.
 Touch ball to floor and then stand up and reach up and outward Do not let the back arch
 * Can also be initiated with wall support

BL15 ()



Supine Ball Lifts with Rot.n (Steering Wheel) __ reps, __ sec hold, __ set
 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.

BL16 ()



Reverse Ball Lunges __ reps, __ sec hold, __ set
 Start with arm support (for balance) and with leg/foot resting on ball
 Slowly roll ball backwards (attempt to reach backwards as far as controllable).
 Return to starting position.
 Progress to an unsupported exercise as balance and control improve.

Stretching Guidelines:

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- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, stop ALL stretches and home therapy recommended by our office and call Dr. Parks at 336.993.9690