

Pelvic Isolation with the Exercise Ball

- **Rock back-and-forth** - Sit on the exercise ball with arms to the sides or on hips. Slowly do a pelvic tilt, pulling stomach muscles in and moving hips slightly toward the front to flatten the small of the back (reduce lordosis) (see picture on side). Return to the neutral position on the exercise ball. Arch small of the back slightly and move hips slightly toward the back. Return to neutral position on the exercise ball. When comfortable with these movements on the exercise ball, do them continuously back and forth for 10 repetitions.
- **Rock side-to-side** - Sit on the exercise ball with arms to the sides or on hips. Slowly shift weight slightly to the right. Return to the neutral position. Slowly shift weight to the left. Return to neutral position on the exercise ball. When comfortable with these movements, do them continuously side to side for 10 repetitions.
- **Circles** - For a more advanced exercise, start in the front/pelvic tilt position and slowly shift weight around in a circular motion, 3 times clockwise and 3 times counterclockwise.



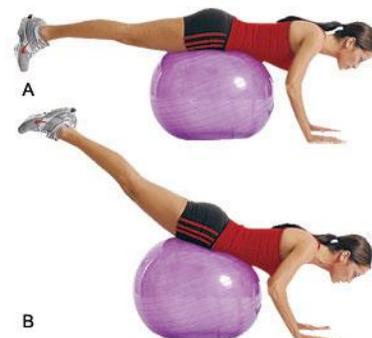
Extension Exercises

- **Lumbar extension** - Place lower chest/stomach area over the exercise ball with legs straight, spread apart for stability and feet flexed up on toes (or with legs together and feet against a wall); rest hands on side of the ball, but do not use arms to push up; slowly lift head and chest off the ball as far as is comfortable, squeezing shoulder blades while lifting; return to start position. Repeat 5 times. For a harder exercise, place hands behind head or straighten arms above head (see top picture on side)
- **Bridge** - Lay flat on the ground with legs straight. Place both legs together on the exercise ball at the calf area with arms at sides and hands flat on the floor (see bottom picture on side); tighten and lift the buttocks up off the floor to straighten the back, keeping abdominal muscles tight and hold for 5 seconds. Return to start position. Repeat 3 to 5 times.
- **Bridge with leg** - make this exercise more difficult by lifting one leg at a time 1 to 2 inches off the Swiss ball.
- **Bridge with arm** - even more difficult, lift arms off the floor while bridging over the exercise ball.



Ball Hyperextension - Reverse

- Lie on top of the exercise ball on stomach/chest, legs down but knees straight and place your hands flat on the floor.
- Raise your legs up while keeping your knees straight and slowly lower them down after a short pause.
- Breathe out while raising your legs and breathe in while returning to starting position.



- Exercises should be done in a controlled manner and speed; starting slowly and building confidence.
- The constant use of muscle groups to maintain balance on an exercise ball may lead to quicker than expected fatigue, and patients may find that at least at first they need to do shorter exercise routines than expected.
- As with any piece of exercise equipment, the manufacturer's instructions for care and use should always be followed.