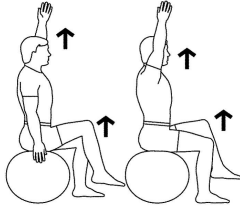


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**AROM hip marching w/alt arms on Ball (Marching arm salute on ball)**



- Sit on ball with hips and knees at 90 degrees.
- Lift up left leg and right arm as shown.
- Lower arm and leg.
- Repeat with right leg and left arm.

**Special Instructions:**

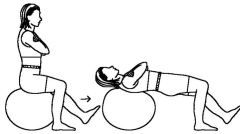
Maintain proper low back posture.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar ext sit to supine walkout w/ball (Ball walkout)**



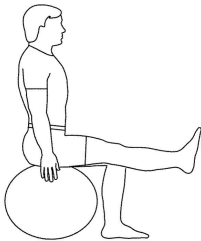
- Sit upright on ball with arms crossed over chest.
- Walk outward using the legs while leaning back until mid back is on ball and body is parallel to floor.
- Walk back up to sitting position and repeat.

Perform 5 sets of 1 Minute, once a day.

Use Ball.

Perform 1 repetition every 4 Seconds.

**AROM lumbar flx w/knee ext on Ball (LAQ on ball)**



- Sit on Ball with proper low back posture.
- Straighten left leg.
- Hold, lower and repeat with other leg

**Special Instructions:**

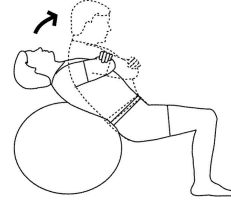
Maintain proper low back posture throughout exercise.

Perform 5 sets of 1 Minute, once a day.

Use Ball.

Perform 1 repetition every 4 Seconds.

**AROM lumbar flx (crunches) supine on Ball (Crunches on ball)**



- Sit on floor with shoulders on ball.
- Slowly push body backward over ball.
- Tuck chin to chest and raise shoulders off ball.
- Return to start position and repeat.

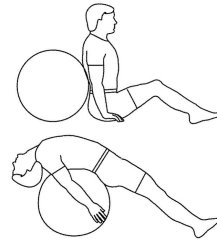
Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar ext supine on Ball (Ball sit to arch over)**



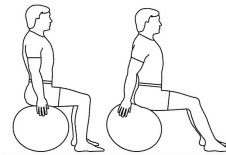
- Sit on floor with shoulders on ball.
- Slowly push backward, arching back over ball.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar front to back sit on Ball (Front sit slide on ball)**



- Sit on Ball.
- Using small steps, move forward.
- Return to center.
- Repeat.

**Special Instructions:**

Maintain proper low back posture.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Issued By:** Smith Chiropractic

**Signature:** \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.

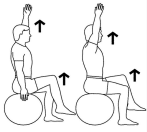
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**AROM hip marching w/alt arms on Ball (Marching arm salute on ball)**

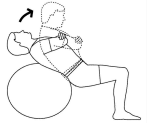


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar flx (crunches) supine on Ball (Crunches on ball)**



Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar ext sit to supine walkout w/ball (Ball walkout)**

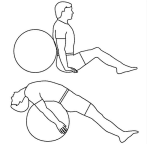


Perform 5 sets of 1 Minute, once a day.

Use Ball.

Perform 1 repetition every 4 Seconds.

**AROM lumbar ext supine on Ball (Ball sit to arch over)**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar flx w/knee ext on Ball (LAQ on ball)**



Perform 5 sets of 1 Minute, once a day.

Use Ball.

Perform 1 repetition every 4 Seconds.

**AROM lumbar front to back sit on Ball (Front sit slide on ball)**



Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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