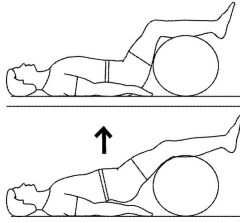


Comment:

Continue to do the sitting protocol exercises but cut the time to 7 minutes. Devote 10 minutes daily to doing these exercises. Do the exercises slowly and deliberately. Keep your abdominal muscles tight while performing these exercises.

AROM lumbar bridging bil on Ball (Ball bridge)



- Lie on back with knees bent over ball as shown.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

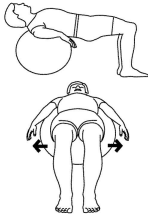
Maintain neutral spine.

Perform 5 sets of 1 Minute, once a day.

Use Ball.

Perform 1 repetition every 4 Seconds.

AROM lumbar static bridge w/hip abd/add on ball (Static bridge hip spreads on ball)



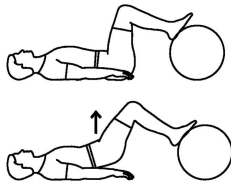
- Position shoulders on ball.
- Maintain a static bridging position, with feet at shoulder distance.
- Move knees apart and together.

Perform 5 sets of 1 Minute, once a day.

Use Ball.

Perform 1 repetition every 4 Seconds.

AROM lumbar bridging hamstring bil w/ball (Bridged hip lift)



- Lie on back.
- Place feet on ball.
- Lift buttocks off the floor.
- Lower and repeat.

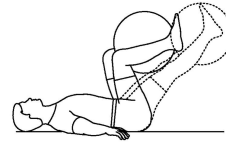
Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist knee ext bil supine w/ball (Ball leg press)



- Lie on back.
- Bend knees and grasp ball between ankles.
- Tighten abdominal muscles, lift ball up to chest.
- Straighten knees, lifting ball.
- Lower to chest and lower to floor.
- Repeat.

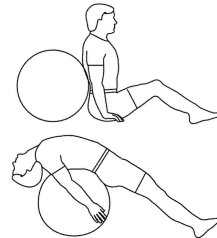
Perform 3 sets of 10 Repetitions, once every other day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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



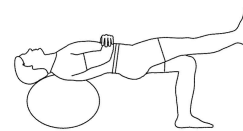
- Sit on floor with shoulders on ball.
- Slowly push backward, arching back over ball.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar alt leg supine on Ball (Leg extend bridge on ball)



- Lie face up over ball as shown.
- Straighten left leg.
- Hold, lower and repeat with other leg.

Special Instructions:

Maintain proper back posture, do not allow hips to twist.

Perform 5 sets of 1 Minute, once a day.

Use Ball.

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.

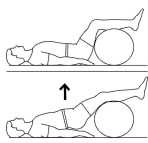
Compliments of Smith Chiropractic

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Comment:

Continue to do the sitting protocol exercises but cut the time to 7 minutes. Devote 10 minutes daily to doing these exercises. Do the exercises slowly and deliberately. Keep your abdominal muscles tight while performing these exercises.

AROM lumbar bridging bil on Ball (Ball bridge)



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

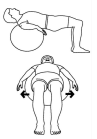
Resist knee ext bil supine w/ball (Ball leg press)



Perform 3 sets of 10 Repetitions, once every other day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

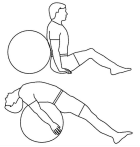
AROM lumbar static bridge w/hip abd/add on ball (Static bridge hip spreads on ball)



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

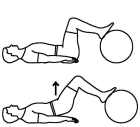
AROM lumbar ext supine on Ball (Ball sit to arch over)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

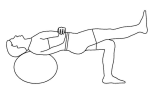
AROM lumbar bridging hamstring bil w/ball (Bridged hip lift)



Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar alt leg supine on Ball (Leg extend bridge on ball)



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.