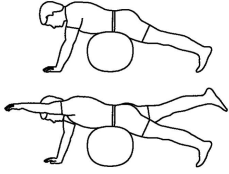


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AROM lumbar alt arm/leg (hip bird dog) w/ball

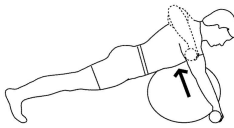


- Begin lying with hips over ball as shown.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.

Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

Resist shld horiz abd bil prone on Ball w/wt

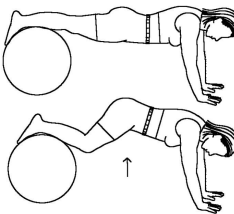


- Grasp weights in hands.
- Lie face down, chest on ball.
- Position arms at 90 degrees as shown, elbows straight, weights in hands.
- Raise arms, bringing shoulder blades toward middle of back.
- Return to start position.

Perform 5 sets of 1 Minute, once a day.

Use 0 Lbs.
Perform 1 repetition every 4 Seconds.

AROM lumbar hip/knee flx bil prone w/ball

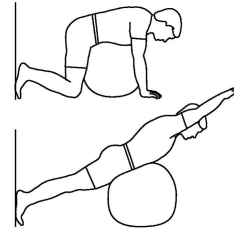


- Begin in push-up position with lower legs on ball as shown.
- Bend hips and knees to bring ball forward, keeping trunk straight.
- Return to start position and repeat.

Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

AROM lumbar ext (superman) w/ball



- Lie on ball, face down with knees bent and toes against wall.
- Straighten back while straightening legs and bringing arms out over head.
- Lower and repeat.

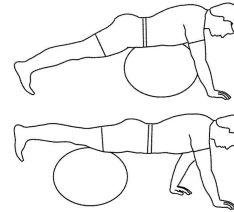
Special Instructions:

Keep back straight and do not arch back or raise head.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM lumbar arm walk prone w/Ball



- Lie face down over ball as shown, arms shoulder distance apart.
- Position low back in proper posture.
- Walk forward on arms.
- Return to start position and repeat.

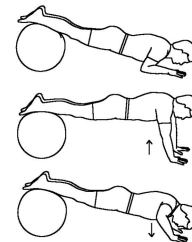
Special Instructions:

Maintain proper low back position.

Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

AROM shld push up floor w/ball



- Place feet on ball, arms on floor.
- Push up and hold while stabilizing scapular area of mid back.
- Keep back straight, arms at shoulder distance apart.
- Perform push up.
- Repeat.

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.
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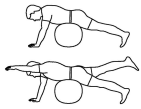
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Daily Notes:

This is the final Swiss Ball Program. Warm up by performing the sitting exercise for 2 minutes. Then spend 6 minutes performing the supine, then the bridging, then prone. Do this program 3-4 times a week.

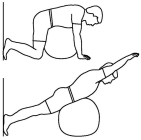
AROM lumbar alt arm/leg (hip bird dog) w/ball



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

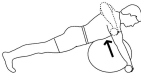
AROM lumbar ext (superman) w/ball



Perform 3 sets of 20 Repetitions, once a day.

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

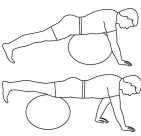
Resist shld horiz abd bil prone on Ball w/wt



Perform 5 sets of 1 Minute, once a day.

Use 0 Lbs.
Perform 1 repetition every 4 Seconds.

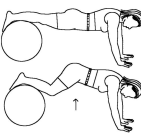
AROM lumbar arm walk prone w/Ball



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

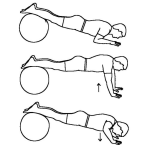
AROM lumbar hip/knee flx bil prone w/ball



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.

AROM shld push up floor w/ball



Perform 5 sets of 1 Minute, once a day.

Use Ball.
Perform 1 repetition every 4 Seconds.