

CORE STABILIZATION BALL EXERCISES

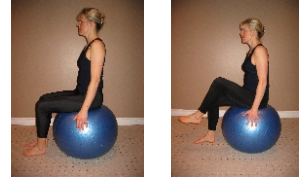
Get comfortable with floor stabilization exercises before trying the ball. Perform each exercise slowly while keeping the ball stable. Perform the exercises on a padded non-slip surface. Stop immediately if you feel any pain or dizziness.

BASIC SITTING



For the initial period of getting used to the ball, simply sit on it at various times through the day. Once you feel stable, try rocking the pelvis without going too far to either side of the ball. Perform this slowly, back straight and the abdominals contracted at all times.

ONE LEG RAISE



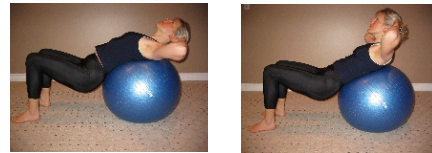
Sit on the ball while holding it stable. Alternately raise one leg and then the other. Raise each leg slowly. Repeat 5 - 10 times with each leg.

PELVIC TILT



Start by resting your feet on the ball as shown, with the legs bent at 90 degrees. Squeezing the buttocks and abdominals, lift the hips off the floor, while keeping the feet in contact with the ball. The ball will move away from you slightly. Hold the position for 5 seconds, release and repeat 5 - 10 times.

ABDOMINAL



Lie on the ball with the upper back in contact with the ball. Support the head and neck with your hands, keep the chin up and elbows at ear level. Contract the abdominal muscles while raising the upper back off the ball. Instead of curling forward, try to lift the chin to the ceiling while keeping the neck supported. Slowly lower back to starting position. Repeat 10 - 15 times.

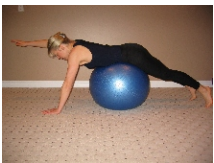
UPPER BACK STRETCH



While keeping the upper back and neck in contact with the ball at all times, roll slightly back onto the ball and let the arms hang down at your sides. Hold the stretch for 10 - 20 seconds.

SUPERMAN LIFTS

BEGINNER



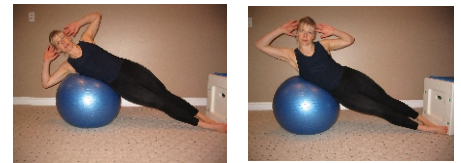
Rest your stomach on the ball and find your balance. The feet can be spread apart and/or the knees touching the floor. Start by raising one arm only, and hold it level with your body. Repeat with the other arm. Next, slowly lift one leg at a time until it is in line with your body. Repeat with the other leg. Hold each arm/leg lift for 5 seconds, and repeat 5 - 10 times with each arm and leg.

ADVANCED



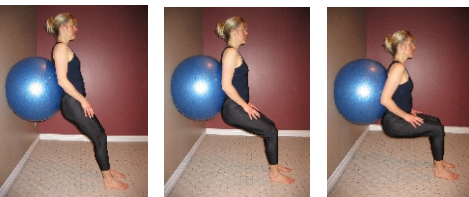
Raise one arm and the alternate leg slowly up to be level with your body while keeping the ball steady. Hold this position for 3 - 5 seconds, then slowly lower the limbs. Repeat using the opposite arm and leg. Perform 5 - 10 times.

SIDE CRUNCH



Start this exercise by lying on the ball sideways, with the ball at about waist level. In order to steady yourself, you may need to brace the feet against a wall or stationary object. Have the fingers behind the head with the elbows raised. Contract the low back and abdominal muscles to perform the side lift while keeping the ball steady. Perform this exercise slowly and repeat 5 - 10 times.

SQUAT



Start with the ball braced against a wall at waist height. Keeping the spine straight, bend the knees into a half squat. Hold for 5 seconds and slowly raise up. Repeat 5 - 10 times. For a more advanced exercise, make the squat deeper, or go down and back up slower or in stages. It is very important to ensure that the knees stay at a 90 degree angle, such that the knees stay directly over the ankles as shown.



Written and compiled by: Dr. Astrid Trim
Kingsbridge Family Chiropractic & Sports Injuries
20 Kingsbridge Garden Circle. Suite 2018
Mississauga, Ontario
L5R-3K7 (905) 712-1939

Consult a health professional before beginning any exercise or stretch program.

Duplication by permission only.