

Phase II

Stability Ball Exercises

All Exercises done 3 times per week

1. **Superman**- Facing the floor with the ball positioned underneath the abdomen and legs are extended straight out behind you and spread slightly apart. Arms are extended straight out in front of the body. This is held for 30 seconds done for a total of 4 times.



<http://body-corp.com/images/exercise/image0100.JPG>

2. **Back Extensions**- Pull the ball into your legs as close to your body as possible. Keep your toes firmly on the ground and the soles of your feet flat on the wall behind you. Straighten legs so that weight is evenly distributed between your feet (at the wall) and the ball. Adjust the ball if necessary so that it is under your hips. Place your hands behind your ears or across your chest. This is done in 3 sets of 10 for a total of 30 times.



<http://www.womenshealthmag.com/sites/womenshealthmag.com/files/images/1010-ball-back-ext.jpg>

3. **Pelvic Bridging**- Lying on your back, place your heels on the ball with your arms at your side. Lift your pelvis and hips off of the floor while contracting the abdominal muscles. This is done in 3 sets of 10 for a total of 30 times. It is important to hold the bridge for 10 seconds before placing your pelvis back onto the floor.

Level 2: cross arms over chest for bridges



<http://forever-active.com/wp-content/uploads/2012/11/Swiss-ball-bridge1.jpg>

4. **Planks**- Level 1

- a. Front planks: Lie on floor with arms at a 90degree angle; shoulder width apart. Pull your body up onto your toes and forearms, making a plank with your body. Hold for 30 seconds and add 1-5 seconds on daily.



<http://assets3.tribesports.com/system/challenges/images/000/027/397/original/20120921215334-3-minutes-front-plank-7-days.jpg>

b. Side Planks- Lay on side bracing self between elbow and forearm placed on a 90degree angle.



<http://www.sportsedgeacupuncture.com/wp-content/uploads/2015/04/side-plank.jpg>

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