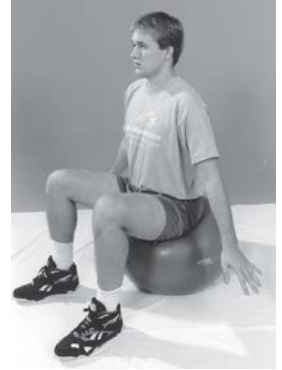


Lumbar Stabilization – Exercise Ball Progression

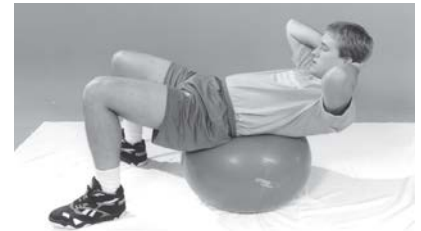
6a Neutral Lumbar Spine

Sit on ball with feet on floor, perform pelvic mobility to find neutral lumbar spine.



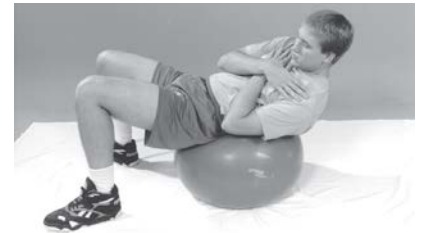
6b Assume position 6A.

Slowly step forward lowering your back onto ball, maintaining neutral lumbar spine and abdominal bracing. Step slowly backward. Hold brace position 10 seconds. Progress to 1 minute holds.



6c Assume position 6b.

Perform trunk rotation bringing shoulder toward opposite knee. Hold brace position 10 seconds. Progress to 1 minute holds. Progress to chops by bringing arm overhead while opposite hand is grasping arm. Progress by holding wt. in hand or resisting with band.



6d Alternating Arm Lift

Lie with chest/abdomen on the ball in modified hands and knees position. Reference hands and knees ex. 3b.



6e Alternating Leg Lift

Assume position 6d. Reference hands and knees ex. 3c



Continued

6f Alternating Arm and Leg Lift

Assume position 6d. Reference hands and knees ex. 3d.



6g Trunk Extension

Assume position 6d.
Remove support of both arms.
Progress to repeating 10 times with 10 second holds.
Progress to both arms forward.



6h. Bridging

Lie on back with feet on exercise ball. Reference bridging ex. 4a, 4b, 4c.



6i. Bridging with Leg Raise

Assume position 6h. Reference bridging ex. 4d.

