

Date:  
Patient Name:

<p>30</p> <p><b>PHYSIOBALL • Sidelying Stretch</b></p> <ol style="list-style-type: none"><li>1. Kneel. Place ball alongside of our body.</li><li>2. Stretch over ball with arm overhead.</li><li>3. Straighten bottom leg and cross top leg over bottom leg.</li><li>4. Repeat with opposite side.</li><li>5. Repeat exercise _____ times, _____ times per day.</li></ol>	<p>31</p> <p><b>PHYSIOBALL • Bilateral Shoulder Flexion Stretch</b></p> <ol style="list-style-type: none"><li>1. Kneel. Place ball alongside of our body.</li><li>2. Sit back on your heels.</li><li>3. Roll ball away from body.</li><li>4. Keep hands on the ball, and arms straight.</li><li>5. Repeat exercise _____ times, _____ times per day.</li></ol>
<p>49</p> <p><b>PHYSIOBALL • Bounce on Ball</b></p> <ol style="list-style-type: none"><li>1. Sit on ball in neutral position.</li><li>2. Bounce on ball.</li><li>3. Repeat exercise _____ times, _____ times per day.</li></ol> <p>To increase nutrition to discs in neck and back and to improve coordination.</p>	<p>52</p> <p><b>PHYSIOBALL • Lateral Weight Shift</b></p> <ol style="list-style-type: none"><li>1. Sit on ball in neutral position.</li><li>2. Roll ball from side to side by shifting weight from right hip and left hip.</li><li>3. Repeat exercise _____ times, _____ times per day.</li></ol>

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<p style="text-align: center;"><b>PHYSIOBALL • Pelvic Circles</b></p> <p>54</p> <ol style="list-style-type: none"><li>1. Sit on ball in neutral position.</li><li>2. Begin drawing a circle, initiating movement from the hips.</li><li>3. Rotate your hips clockwise _____ times.</li><li>4. Repeat with counter clockwise.</li><li>5. Repeat exercise _____ times, _____ times per day.</li></ol> <p style="text-align: center;">Avoid making oblong circles.</p>	<p style="text-align: center;"><b>PHYSIOBALL • Seated March with Contralateral Arms</b></p> <p>70</p> <ol style="list-style-type: none"><li>1. Sit on the ball in neutral position.</li><li>2. Raise right arm and left knee.</li><li>3. Lower your arm and leg.</li><li>4. Repeat with opposite arm and leg.</li><li>5. Repeat exercise _____ times, _____ times per day.</li></ol>
<p style="text-align: center;"><b>PHYSIOBALL • Seated March with Ipsilateral Arms</b></p> <p>71</p> <ol style="list-style-type: none"><li>1. Sit on the ball in neutral position.</li><li>2. Raise right arm and right knee.</li><li>3. Lower your arm and leg.</li><li>4. Repeat with opposite side.</li></ol>	<p style="text-align: center;"><b>PHYSIOBALL • Sit Back</b></p> <p>78</p> <ol style="list-style-type: none"><li>1. Sit on ball.</li><li>2. Recline backward on the ball.</li><li>3. Keep head and chin up.</li><li>4. Hold for _____ seconds, then return to upright position.</li><li>5. Do not arch your back , or bend at the waist.</li><li>6. Repeat exercise _____ times, _____ times per day.</li></ol>

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**PHYSIOBALL • Straight Leg Bridge with PB**



1. Lie on back with feet on ball.
2. Lift hips off floor.
3. Keep legs straight.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**PHYSIOBALL • Straight Leg Bridge with PB March**



1. Lie on back with both feet on ball.
2. Lift hips off floor.
3. Keep legs straight.
4. Raise one leg toward the ceiling.
5. Repeat with other leg.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**PHYSIOBALL • Bent Knee Bridge**



1. Lie on back, with knees bent and feet on the ball.
2. Lift hips off the floor.
3. Hold position for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**PHYSIOBALL • Hamstring Curl**



1. Lie on your back with knees bent and feet on ball.
2. Lift hips off the floor.
3. Straighten knees, and then return to starting position.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

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**PHYSIOBALL • Supine Walk Out**



1. Sit on ball.
2. Walk legs out away from ball so head and shoulders rest on ball.
3. Body is in a bridged position
4. Do not arch your back or let buttocks sag.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**PHYSIOBALL • Supine Walk Out with Hip Flexion**

1. Sit on ball.
2. Walk legs out away from ball so head and shoulders rest on ball.
3. Body is in a bridged position
4. Raise knee. Then return to starting position.
5. Repeat with opposite side.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**PHYSIOBALL • Supine Walk Out with Knee Extension**



1. Sit on ball.
2. Walk legs out away from ball so head and shoulders rest on ball.
3. Body is in a bridged position
4. Extend one leg. Then return to starting position.
5. Repeat with opposite side.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**PHYSIOBALL • Supine Walk Out with Contralateral arm and hip**

1. Sit on ball.
2. Walk legs out away from ball so head and shoulders rest on ball.
3. Body is in a bridged position
4. Raise right arm overhead and left knee toward ceiling.
5. Repeat with opposite side.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

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### PHYSIOBALL • Supine Bench Press

1. Sit on ball.
2. Walk legs out away from ball so head and shoulders rest on ball.
3. Body is in a bridged position
4. Bend elbows as shown.
5. Raise arms toward ceiling.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### PHYSIOBALL • Supine Walk Out with Shoulder Flexion

1. Sit on ball.
2. Walk legs out away from ball so head and shoulders rest on ball.
3. Body is in a bridged position
4. Raise arm overhead and then return to side as you raise your other arm.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### PHYSIOBALL • Shoulder Rows

1. Kneel. Lie with abdomen on ball.
2. Bend elbows.
3. Pull elbows upward as if rowing.
4. Squeeze through shoulder blades.
5. Maintain neutral cervical spine.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



### PHYSIOBALL • Quadriped Shoulder Flexion

1. Kneel. Lie with abdomen on ball.
2. Raise one arm overhead and then return to starting position.
3. Repeat with opposite arm.
4. Maintain neutral cervical spine.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

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**PHYSIOBALL • Quadriped  
Shoulder Flexion / Extension**

1. Kneel. Lie with abdomen on ball.
2. Raise one arm overhead and extend the other behind body.
3. Alternate sides.
4. Maintain neutral cervical spine.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**PHYSIOBALL • Quadriped Swim**

1. Kneel. Lie with abdomen on ball.
2. Extend one leg back and the opposite arm overhead.
3. Repeat with opposite arm and leg.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**PHYSIOBALL • Prayer**

1. Kneel. Clasp hands.
2. Lean forward and place bent elbows on ball.
3. Roll ball forward with elbows.
4. Maintain neutral lumbar spine.
5. Return to starting position.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**PHYSIOBALL • Prone Walk out**

1. Kneel. Lie with abdomen on ball.
2. Walk arms out until thighs are on ball.
3. Do not let abdomen sag.
4. Maintain neutral lumbar spine.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



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**PHYSIOBALL • Prone Walk out  
Advanced**

1. Kneel. Lie with abdomen on ball.
2. Walk arms out until feet are on ball.
3. *Do not let abdomen sag.*
4. Maintain neutral lumbar spine.
5. Repeat exercise \_\_\_\_\_ times,  
\_\_\_\_\_ times per day.



**PHYSIOBALL • Prone Walk out  
with Hip Extension**

1. Kneel. Lie with abdomen on ball.
2. Walk arms out until feet are on ball.
3. Keep legs straight and lift one up toward ceiling. Then return to ball.
4. Repeat with other leg.
5. *Do not lift your leg so high that your back arches.*
6. Repeat exercise \_\_\_\_\_ times,  
\_\_\_\_\_ times per day.

**PHYSIOBALL • Prone Walk out  
with Shoulder Flexion**

1. Kneel. Lie with abdomen on ball.
2. Walk arms out until thighs are on ball.
3. Lift one arm up toward ceiling and then return arm to start position.
4. Repeat with other arm.
5. *Do not arch back.*
6. Repeat exercise \_\_\_\_\_ times,  
\_\_\_\_\_ times per day.



**PHYSIOBALL • Push Up**

1. Kneel. Lie with abdomen on ball.
2. Walk arms out until thighs are on ball.
3. Do a push up
4. Maintain neutral spine.
5. Repeat exercise \_\_\_\_\_ times,  
\_\_\_\_\_ times per day.

