

Bent Knee and Hip Lift-Spinal Stability

6:6

Starting Position: With knees bent, lie on back and, one at a time, put soles of feet on ball.

Movement/Exercise: Maintaining optimal posture, press feet into ball and lift hips and lower back as a unit until knees, hips and shoulders are in a straight line. Slowly reverse to return to start. Repeat.



CAUTION: IF THERE IS ANY LEG CRAMPING, SLOWLY REVERSE AND RELAX. DO NOT ARCH BACK. STAY IN PAIN FREE RANGE.

Breathing: Do not hold breath. Breathe comfortably.

Modification: Only lift hips to partial range.

Progression:

1. Decrease arm support on floor.
 - a. Bend elbows.
 - b. Lift arms off floor.

Beats/min _____

Repeat _____ Times

Do _____ Times/day

Purpose/ Goal: _____

Comments: Not only does this exercise strengthen the knee flexors and hip extensors, it also challenges balance and trunk control while not allowing movement of vertebrae.

Date _____

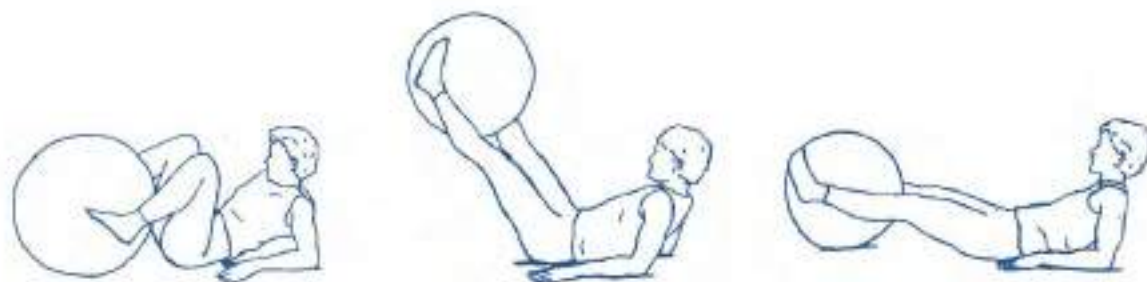
Name _____

Straight Leg Ball Lift

6:7

Starting Position: Lie on back with knees bent. Prop head and shoulders up on elbows. Grasp ball between ankles.

Movement/Exercise: Tighten abdominal muscles and squeeze ball. Keeping knees straight, lift ball as high as comfort allows. Slowly lower ball to floor and repeat.



CAUTION: STAY WITHIN PAIN FREE RANGE. DO NOT ALLOW BACK TO ARCH.

Breathing: Do not hold breath. Breathe comfortably.

Modification: Only lift ball to partial range. Hands can be placed under buttocks to increase low back stability.

Progression: Lie with head and shoulders on floor. This adds difficulty to maintain spinal stability in optimal posture.

Hold _____ Seconds

Repeat _____ Times

Do _____ Times/day



Purpose/ Goal: _____

Comments: This exercise also activates hip adductor muscles.

Date _____

Name _____

Frog Legs Supine

6:8

Starting Position: Lie on back with knees bent. Prop head and shoulders up on elbows. Grasp ball between ankles and lift off floor. Bring knees towards chest.

Movement/Exercise: Tighten abdominal muscles and squeeze ball. Straighten hips and knees so that ball moves in a diagonal line. Bend hips and knees back toward chest to return. Repeat. Return to start. Rest.



CAUTION: STAY WITHIN PAIN-FREE RANGE. DIFFICULTY INCREASES AS LEGS ARE STRAIGHTENED. DO NOT ALLOW BACK TO ARCH.

Breathing: Exhale as legs extend, inhale as legs bend.

Modification: Straighten knees and hips only as far as comfortable.

Progression: Lie with head and shoulders on floor. This adds difficulty to maintain spinal stability in optimal posture.

Hold _____ Seconds

Repeat _____ Times

Do _____ Times/day



Purpose/ Goal: _____

Comments: This exercise also activates hip adductor muscles.

Date _____

Name _____

Leg Press-Supine

6:9

Starting Position: Lie on back with knees bent. Grasp ball between ankles and raise ball off floor.

Movement/Exercise: Tighten abdominal muscles and squeeze ball. Straighten knees and lift ball toward ceiling. Hold. Bend knees toward chest. Repeat. Return to start. Rest.



CAUTION: STAY WITHIN PAIN-FREE RANGE. DO NOT ALLOW BACK TO ARCH.

Breathing: Exhale as legs straighten, inhale on return.

Modification: Straighten knees only as far as comfort allows.

Progression: To increase abdominal muscle participation, prop on elbows to lift head and shoulders off floor. Maintain proper neck alignment.



Hold _____ Seconds

Repeat _____ Times

Do _____ Times/day

Purpose/ Goal: _____

Comments: This exercise also activates hip adductor and abdominal muscles.