**Bent Knee and Hip Lift-Spinal Stability**

**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.

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**Straight Leg Ball Lift**

**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.
Frog Legs Supine


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.

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Leg Press-Supine

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


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.