

Date _____

Name _____

Squat and Rock

2:12

Starting Position: Sit on the ball. Walk feet forward while leaning trunk backward allowing ball to roll under mid-back.

Movement/Exercise: Bend at knees and hips and lower body into squat position (stay in pain free range). Press feet into floor while straightening and bending knees. Rock body backward and forward (to mid-back) on the ball. Only go as far as is comfortable.



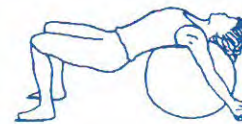
CAUTION: IF DIZZY, TUCK CHIN. PREVENT FEET FROM SLIPPING BY PLACING TOES AGAINST STABLE OBJECT OR WEARING RUBBER SOLED SHOES. IF NECK MUSCLES FATIGUE, PLACE HANDS LIGHTLY BEHIND HEAD TO SUPPORT.

Breathing: Inhale while rocking backward, exhale while rocking forward.



Modification: Let hands touch ball until in squat position then touch floor and rock. Letting fingers glide on floor for balance assist.

Progression: Let one or both hands glide on floor out to side to increase stretch of anterior chest and forearms. Straighten fingers out to increase forearm stretch.



Hold _____ Seconds / Repeat _____ Times / Do _____ Times/day

Purpose/ Goal: _____

Comments: Feel how gravity assists in expanding chest and ribs as spine is supported and gently mobilized into extension. (This exercise counteracts a rounded shoulder/forward head posture.) This is also a good proprioceptive exercise for hips, knees and ankles.

Date _____

Name _____

Squat and Arch-Supported Extension

2:13

Starting Position: Assume Squat and Rock position (see page 12). Stay in pain free range.

Movement/Exercise: Reach arms overhead while straightening knees. Letting ball roll back as spine arches over ball. Reach for the floor with hand as far as is comfortable.



CAUTION: IF DIZZY, TUCK CHIN. PREVENT FEET FROM SLIPPING BY PLACING TOES AGAINST STABLE OBJECT OR WEARING RUBBER SOLED SHOES.

Breathing: Inhale on rock backward, exhale on rock forward.

Modification:

1. Let hands touch ball until in squat position then touch floor and rock backwards, letting fingers glide on floor for balance assist.
2. Place one hand behind head to support head and neck.



Hold _____ Seconds

Repeat _____ Times

Do _____ Times/day

Purpose/ Goal: _____

Comments: Feel how gravity assists in expanding chest and ribs as spine is gently mobilized into extension while fully supported by the ball. (This exercise counteracts a rounded shoulder/forward head posture.) This is also a good proprioceptive exercise for hips, knees and ankles while elongating hip flexors and shoulder flexors and abductors at end range.