Prone Walk-Out

Starting Position: Kneel behind ball. Lie trunk over ball and place hands on floor under shoulders.

Movement/Exercise: Walk out on hands letting the ball roll down body. Walk out as far as strength/balance allows and return to starting position. Keep spine in optimal posture by tightening abdominals and buttocks.

CAUTION: DO NOT LET LOWER BACK SAG OR BEND AT HIPS. KEEP FACE PARALLEL TO THE FLOOR. TRY TO PERFORM EXERCISE ON PADDED SURFACE SUCH AS CARPET, MATS OR BOTH.

Breathing: Breathe comfortably. Do not hold breath.

Modification:
1. Have someone assist by lightly touching legs for balance.
2. Walk out on fisted hands if stress is too great on wrists.

Progression:
1. Gently rock forward and backward.
2. When at end position, balance and lift up one leg.
3. Write the alphabet with foot of lifted leg.

Hold____ Seconds / Repeat____ Times / Do____ Times/day

Purpose/Goal:

Comments: This exercise is a weight bearing kinetic chain for the arms and shoulders. Notice that the farther one walks out on the ball the exercise becomes more strenuous on the upper body and trunk as they adjust to keep the body balanced as the lever arm increases.
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.

© 1995 by Joanne Posner-Mayer, PT
Total Body Flexion

Starting Position: Assume prone walkout position (exercise 5:5). Keep spine in optimal posture and allow ball to roll down legs until knee caps are just on top of ball.

Movement/Exercise: Simultaneously, pull in stomach, lift hips and bend knees. Roll ball forward underneath trunk until shins rest on ball. Relax trunk in full flexion for a few moments before straightening knees and hips to return to start. Repeat.

CAUTION: AFTER A FEW REPETITIONS, BALL POSITION MAY NEED TO BE ADJUSTED AS IT MAY SLIDE ON CLOTHES. TRY TO PERFORM EXERCISE ON PADDED SURFACE SUCH AS CARPET, MATS OR BOTH.

Breathing: Inhale as body flexes, exhale as body extends.

Modification:
1. Have someone assist by lightly holding ankles for balance.
2. Perform through partial range only if flexion restriction or discomfort exist.
3. Walk out on fisted hands if stress is too great on wrists.

Progression:
1. Increase speed and do not pause on top of ball before reversing.
2. Have an assistant add resistance to movement by holding ankles and walking forward and backward resisting movement.

Hold _____ Seconds Weights_______
Repeat _____ Times Do______ Times/day

Purpose/ Goal:

Comments: This exercise is a weight bearing kinetic chain for the arms and shoulders. Notice how strenuous this exercise is on the upper body as it adjusts to keep the body balanced and to coordinate this exercise while the base of support, lever arm and center of gravity continually change. Increasing speed increases momentum.

© 1995 by Joanne Posner-Mayer, PT
Total Body Extension

Starting Position: Assume prone walkout position (exercise 5:5). Keep spine in optimal posture and allow ball to roll down legs until knee caps are just on top of ball.

Movement/Exercise: Press hands into floor and lift feet as body pushes back (do not move hands). Allow ball to roll up body to support pelvis. Extend spine as far as strength and comfort allow. Lower head between arms. Reverse motion by tightening abdominal muscles to initiate. Return to starting position (do not let lower back sag).

CAUTION: AVOID LIFTING FEET TOO HIGH AS IT WILL RESULT IN OVER ARCHING THE LOWER BACK. STAY IN PAIN FREE RANGE.

Breathing: Inhale on roll back, exhale on roll forward.

Modification:
1. Have someone assist by lightly holding ankles for balance.
2. Perform through partial range only if restriction exists.
3. Only walk out as far as comfort allows.

Progression:
1. Combine total body flexion and extension into a fluid movement sequence (inhaling on flexion, exhaling on extension).
2. Have an assistant add resistance to movement by holding ankles and walking forward and backward during movement.

Hold ___ Seconds
Repeat____ Times / Do____ Times/day

Purpose/Goal:

Comments: This exercise is a weight bearing kinetic chain for the arms and shoulders. Notice how strenuous this exercise is on the upper body and abdomen as it adjusts to keep body balanced and to coordinate this exercise while the base of support, lever arm and center of gravity continually change.

© 1995 Joanne Posner-Mayer, PT
**Prone Skier**

**Starting Position:** Assume Prone Walk-Out position (exercise 5:5). Keep spine in optimal posture until knees are just past the top of the ball.

**Movement/Exercise:** Keep shoulders parallel to the floor as hips are lifted and turned. Let ball roll as knees are pulled under trunk on a diagonal aimed toward underarm. To reverse, straighten knees and return to starting position keeping hips lifted. Repeat to other side.

**CAUTION:** MUST BE ABLE TO PERFORM TOTAL BODY FLEXION (SEE PAGE 114) BEFORE ATTEMPTING THIS EXERCISE. EXERCISE CANNOT BE PERFORMED WITH BALL UNDER THIGHS. DO NOT LET BACK SAG ON RETURN TO STARTING POSITION.

**Breathing:** Inhale as knees are pulled up, exhale as knees are extended.

**Modification:** Only pull knees up as far as is comfortable for back and/or knees.

**Progression:**
1. Increase speed.
2. Have an assistant hold and walk along giving resistance to movement.

**Beats/min_____ / Repeat_____ Times / Do_____ Times/day**

**Purpose/Goal:**

**Comments:** This exercise is a weight bearing and strengthening exercise for the shoulder girdle. Notice how strenuous this exercise is on the abdominals and shoulder girdle as they maintain balance while absorbing momentum. If it is easier to one side, it can be due to restricted spinal rotation or shoulder girdle weakness.

© 1995 by Joanne Posner-Mayer, PT