

**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 \_\_\_\_\_

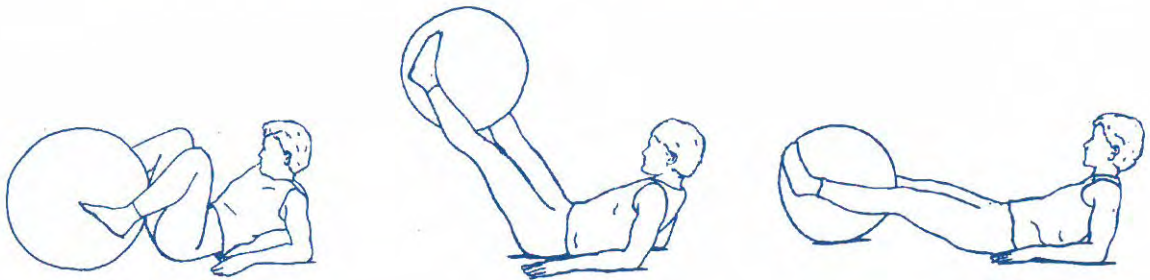
Name \_\_\_\_\_

## 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 \_\_\_\_\_

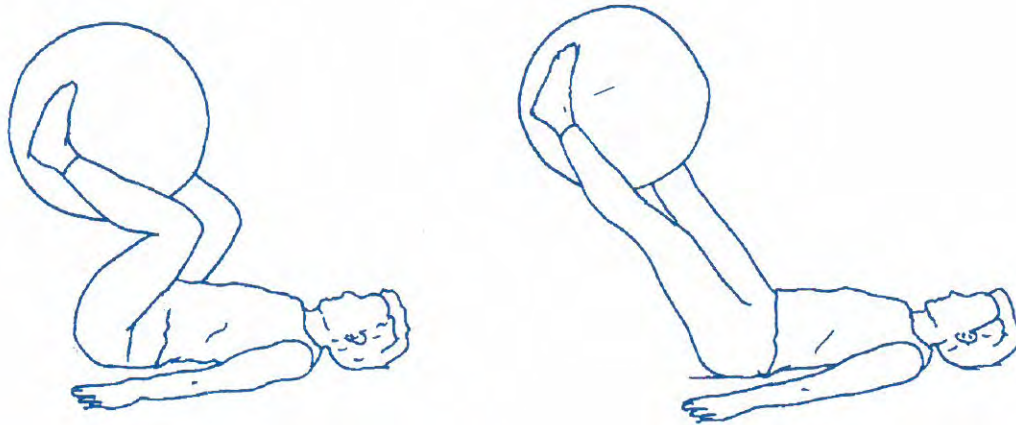
Name \_\_\_\_\_

## 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 .