



Routine For: Sample Exercises
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Swiss Ball: Spine Exercises

Family Care Plus Physical Therapy & Wellness
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Hours: Monday through Friday, 8:00 AM till 6:00 PM
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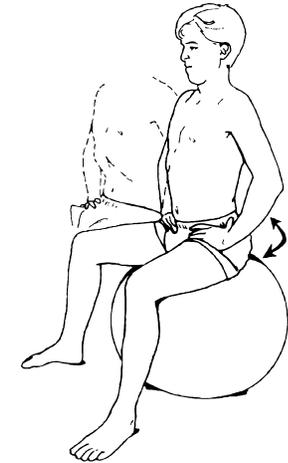
Visit us online at www.familycarepluspt.com and check exercise videos!

Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

****Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

SPINE - 9
Pelvic Tilt

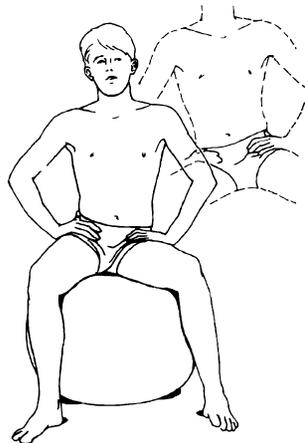
Gently rotate pelvis forward and backward.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

SPINE - 10
Lateral Pelvic Tilt

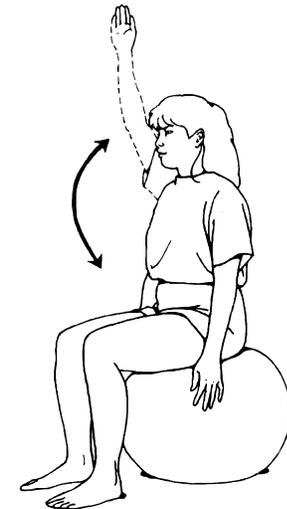
Gently move hips from side to side.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

SPINE - 12
Sitting Alternating Arm Raise

Raise one arm above head and return. Repeat with other arm.



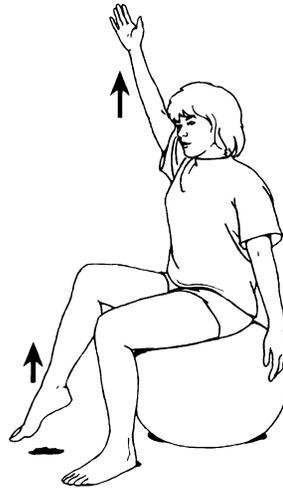
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SPINE - 15
Sitting Same-Side Arm and Leg Raise

Raise same-side arm and leg and return. Repeat with other side.

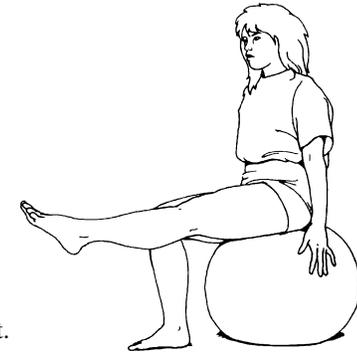
Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



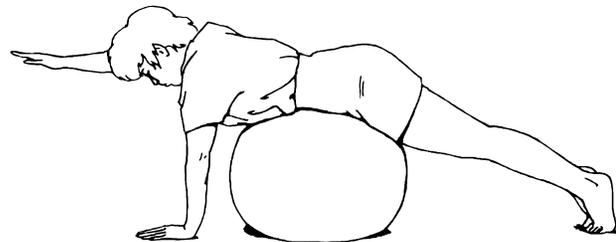
SPINE - 16
Sitting Leg Extension

Straighten knee and return.
Repeat with other leg.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



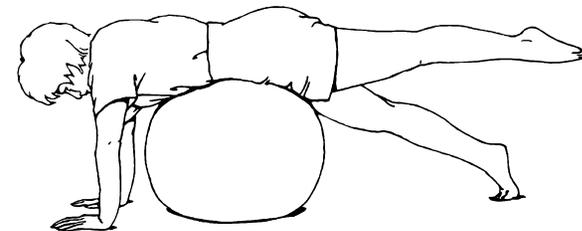
SPINE - 24
Prone Alternating Arm Raise



On hands and toes over ball, raise arm and return. Repeat with other arm.

Repeat ____ times per set.
Do ____ sets per session. Do ____ sessions per day.

SPINE - 25
Prone Alternating Leg Raise

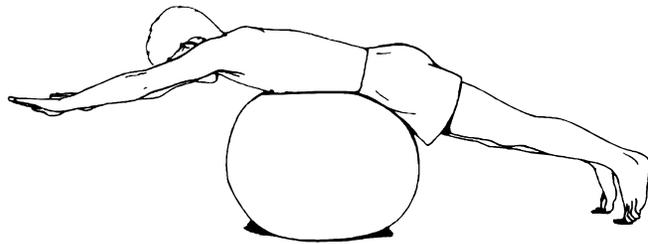


On hands and toes over ball, raise one leg and return.
Do not arch back. Repeat with other leg.

Repeat ____ times per set.
Do ____ sets per session. Do ____ sessions per day.



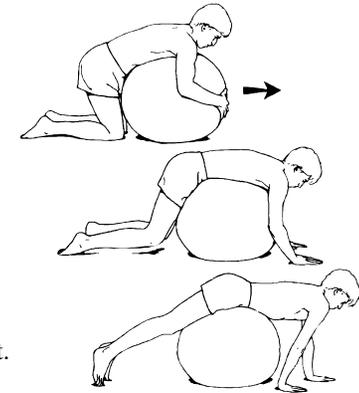
SPINE - 28
Prone Bilateral Arm Raise



Balancing with toes, raise both arms.
Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

SPINE - 29
Kneeling Ball Walk to Toes Touching Floor

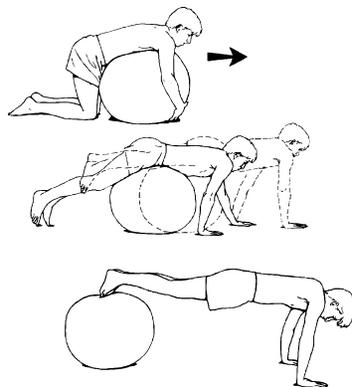
Kneeling with stomach on ball, walk forward until toes drag.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

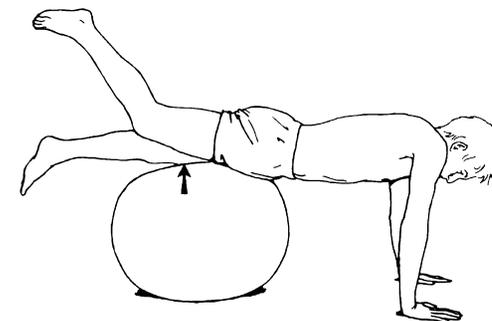
SPINE - 30
Kneeling Ball Walk to Thighs/Toes

Kneeling with stomach on ball, walk forward until it rests under toes.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

SPINE - 31
Prone Ball Walk to Thighs with Hip Extension

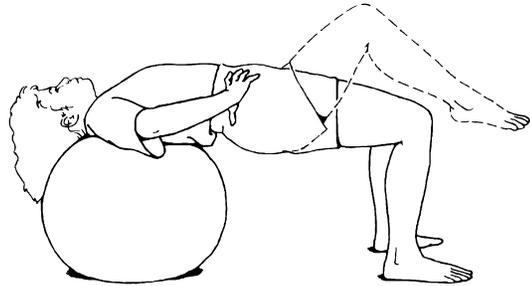


Walk forward on ball until it rests under thighs. Raise one thigh from ball. Return. Repeat with other thigh.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.



SPINE - 40
Bridging with Leg Raise



In bridging position with ball under shoulders, raise one bent knee. Maintain balance. Repeat with other leg.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

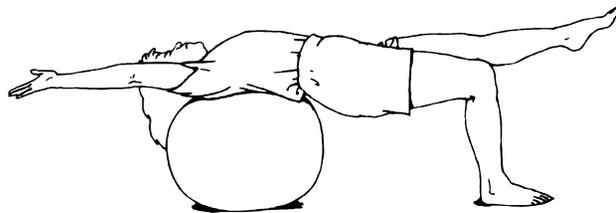
SPINE - 41
Bridging with Arm Raise



In bridging position with ball under shoulders, raise one arm over head and parallel to floor. Maintain balance. Repeat with other arm.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

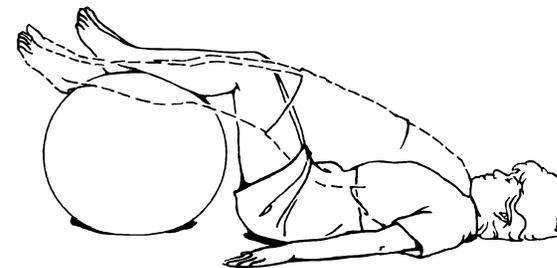
SPINE - 42
Bridging with Opposite Arm and Leg Raise



In bridging position with ball under shoulders, raise one arm and opposite leg simultaneously. Do not let hips sag. Maintain balance. Repeat with other limbs.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

SPINE - 38
Bridging with Calves on Ball



Lying on back with calves resting on ball, raise buttocks from floor.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.



SPINE - 13
Sitting Alternating Leg Raise

Raise bent knee and return.
Repeat with other leg.

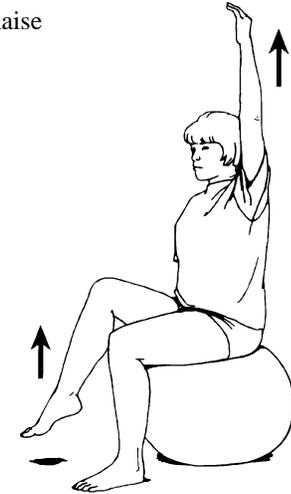
Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



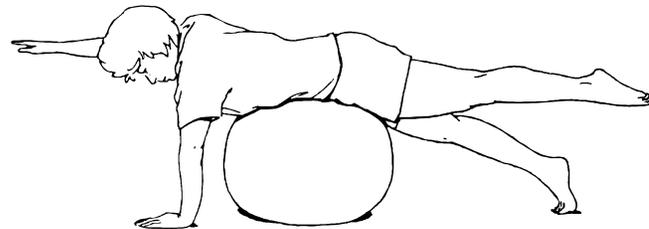
SPINE - 14
Sitting Opposite Arm and Leg Raise

Raise opposite arm and leg and
return. Repeat with other limbs.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.



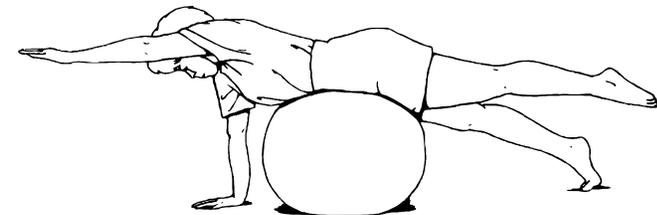
SPINE - 26
Prone Opposite Arm and Leg Raise



On hands and toes over ball, raise one arm and opposite leg
simultaneously. Do not arch back. Repeat with other limbs.

Repeat ____ times per set.
Do ____ sets per session. Do ____ sessions per day.

SPINE - 27
Prone Same-Side Arm and Leg Raise



On hands and toes over ball, raise same-side arm and leg
simultaneously. Do not arch back. Repeat with other side.

Repeat ____ times per set.
Do ____ sets per session. Do ____ sessions per day.



EXERCISE INSTRUCTION
Developing Routine

You may feel some tightness in your movements when you first begin the program. It takes persistence and patience to work toward your goal.

Do these exercises **DAILY** to get the best results. Develop a routine of doing them at a certain time of the day as much as possible.

EXERCISE INSTRUCTION
Proper Breathing and Posture

It is important that you breathe normally while doing your exercises, and avoid holding your breath.

Maintain good posture and proper head alignment when performing the exercises.

EXERCISE INSTRUCTION
Avoid Overdoing

If you experience pain while doing any of the exercises, consult your health care provider before resuming the program.

It is important to follow the repetitions as recommended in your exercise instructions in order to avoid overdoing. Also, build up your tolerance by increasing by no more than one repetition a day until you reach the maximum recommended.