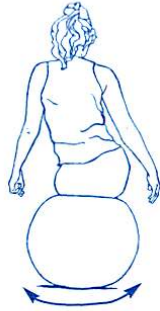




Circular Hip Roll

Spinal Mobility M-7

Move ball in a circle using hips (as if spinning a hula hoop) and allow knees and ankles to participate in the movement. Keep shoulders level and feet planted. Allow lower spine to move as much as possible. Rest. Reverse directions.

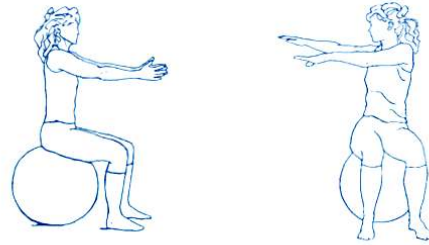


Repeat 10 Times to Right
Repeat 10 Times to Left
Do 1-2 Times/day

Gentle Trunk Rotation-Sitting

Spinal Mobility M-8

Swing arms around behind body as far as possible allowing trunk, shoulders and head to turn in the same direction. Return to start and repeat in other direction. Ball should remain almost still during movement.

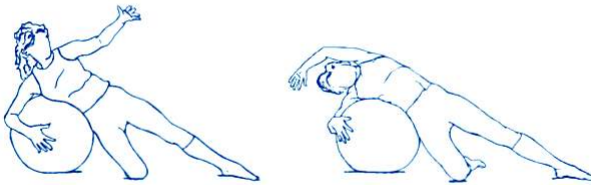


Hold 2 Seconds, Repeat 10-20 Times
Do 1-2 Times/day

Side Stretch

Spinal Mobility M-9

Press foot into floor and extend top leg allowing trunk to roll over ball sideways. Bring top arm up next to ear and let hand dangle towards floor increasing the stretch. Gently rock at end range. Return to start. Switch sides.

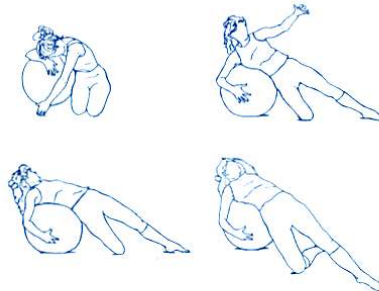


Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Trunk Rotation Stretch

Spinal Mobility M-10

Push with both legs allowing upper leg to extend as ball rolls under back. Free arm is brought up and out to side in a diagonal opening chest so that it is facing ceiling. Hips will turn slightly to follow trunk.



Hold 5 Seconds
Repeat 5-10 Times
Do 1-2 Times/day

Squat and Rock

Spinal Mobility M-11

Walk feet forward while leaning trunk backward on to the ball. Bend knees and hips and lower body into squatting position. Press feet into floor while straightening and then bending knees. Roll body backward and forward on the ball. Only go as far as comfort allows.



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Squat and Arch

Spinal Mobility M-12

Assume Squat and Rock position (See card M-11). Press feet into floor, reach arms overhead and straighten knees. Let the ball roll backward as spine arches over ball. Reach for the floor with hands as far as comfort allows. If dizzy, tuck chin.



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day