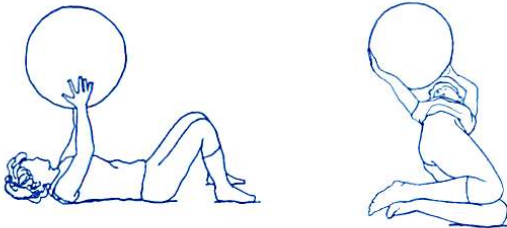




Supine Trunk Rotation

Spinal Mobility M-1

Keeping arms at shoulder level, simultaneously lower ball to the right as knees lower to the left. To reverse, tighten abdominal muscles and press lower back into floor before lifting ball and knees back to center. Repeat to other side.

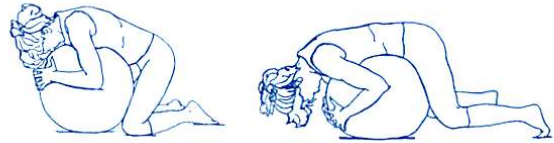


Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Prone Rocking

Spinal Mobility M-2

Dig toes into floor or place feet against wall. Straighten and bend knees to gently rock body forward and backward over ball. Allow head to hang.



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

Kneel and Bow

Spinal Mobility M-3

Walk hands out and roll ball forward while slightly lifting buttocks. Relax spine and allow it to hang from shoulders and hips. Go out as far as comfort allows. Keep head between arms and eyes focused on floor. Hold. Return to starting position by lowering hips and rolling ball backwards.

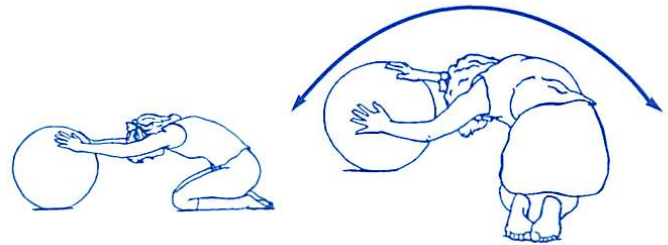


Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Kneel, Bow and Side Bend

Spinal Mobility M-4

Keeping hands still on the ball and head between arms, roll ball to one side allowing trunk to turn. Hold and look under arm. Return to center and repeat to other side.

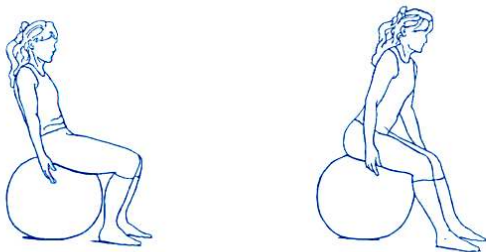


Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Front and Back Hip Roll

Spinal Mobility M-5

Using hips, roll ball forward and backward as far as possible allowing lower spine to curve and arch.



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

Side to Side Hip Roll

Spinal Mobility M-6

Using hips, gently roll ball from side to side as far as possible allowing ankles and knees to participate in the movement.



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