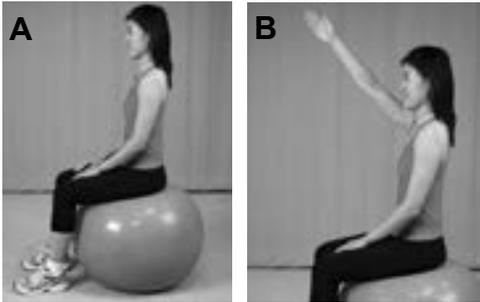


Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist’s instructions on how often to hold or repeat each exercise. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

You will need an inflatable ball. A physical therapist may help you choose the right ball size. Start each exercise by gently tightening your stomach muscles. Whenever an exercise mentions a neutral back position, make sure that your lower back is not rounded or arched too much. Size of ball needed: _____



Sitting on Ball—Arm Lift

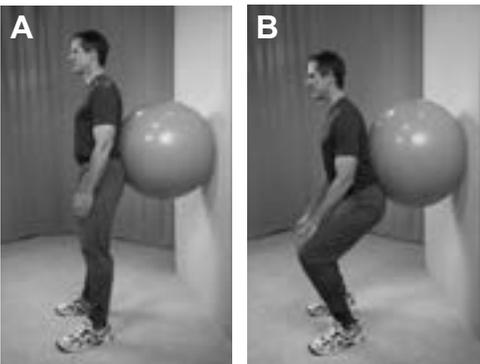
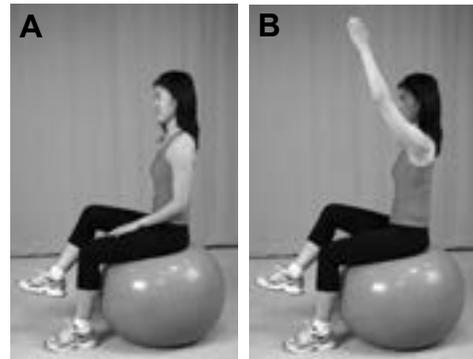
Sit on the ball and tighten your stomach muscles (A). When you can easily hold your balance for _____ seconds/minutes, lift and lower your right arm (B), then the left arm. Repeat _____ repetitions/minutes.

Sitting on Ball—Leg and Arm Lift

Sit on the ball and tighten your stomach muscles.

Easier (A) Lift and lower your right knee. Repeat on your left side. Continue for _____ repetitions/minutes.

Harder (B) Lift left arm and right knee up at the same time, and then lower both. Repeat with right arm and left knee for _____ repetitions/minutes.



Wall Slides

Place the ball behind you to support your lower back. Keep your knees over your ankles as you slide down the wall. Do not allow buttocks to move below your knees.

Slide (A) Move up and down for _____ repetitions.

Slide and Hold (B) Hold a squat position for ____ seconds ____ repetitions.

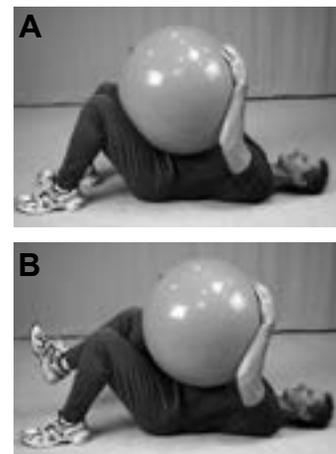
Lying—Ball on Stomach

Feet on Floor (A)

Easier Lie on your back with your knees bent and feet on the floor. Put the ball on your stomach with hands flat on the ball. Press the ball into your thighs as you hold a neutral back position. Repeat for _____ repetitions/minutes.

Harder Continue this exercise and roll the ball up/down your thighs. Repeat for _____ repetitions/minutes.

One leg up (B) Lift knee and squeeze ball between one thigh and your forearms. Repeat for _____ repetitions/minutes.





Kneeling over Ball

Start on your hands and knees with the ball under your stomach.

Arm Lift (A) Lift, then lower left arm. Repeat with the right arm. Keep your thumb pointing towards the ceiling. Keep your neck straight by looking at the floor. Repeat _____ repetitions/minutes.

Leg Lift (B) Lift, then lower left leg. Repeat on the right side. Repeat _____ repetitions/minutes



Lying over Ball

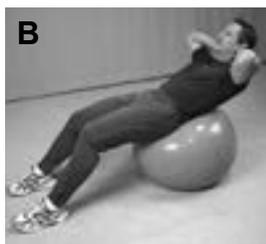
Start on hands and knees. Roll forward on the ball so that your knees are off the floor and your feet are wide apart. Hold your back in a neutral position.

Easier (A) Lift, then lower right arm with thumb pointing towards the ceiling. Repeat with left arm. Repeat for _____ repetitions/minutes.

Harder (B) Lift, then lower right leg. Repeat with left leg. Repeat for _____ repetitions/minutes.

Hardest (C) Lift and lower right arm and left leg together. Repeat with left arm and right leg together.

Repeat for _____ repetitions/minutes.



Abdominal Bracing

Start: Sit on the ball and walk forward as you lean your shoulders back until the ball supports your lower back. Make sure your neck is resting against your hands with chin slightly tucked.

End: Keep the neutral back position as you roll the ball down towards your buttocks—push through the legs.

Easier (A) Squeeze your buttocks and hold _____ seconds/minutes.

Harder (B) Squeeze buttocks and move buttocks back on the ball. Hold _____ seconds/minutes.

Reverse Bridging

Easier (A) Lie down on back with legs on ball. Press legs into the ball. Hold for _____ seconds/minutes.

Harder (B) Press legs into the ball and lift buttocks up. Hold _____ seconds/minutes.



Additional Instructions:

Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.