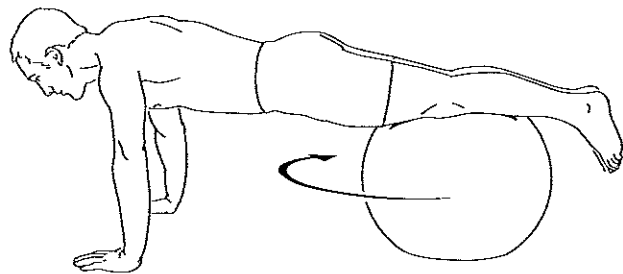
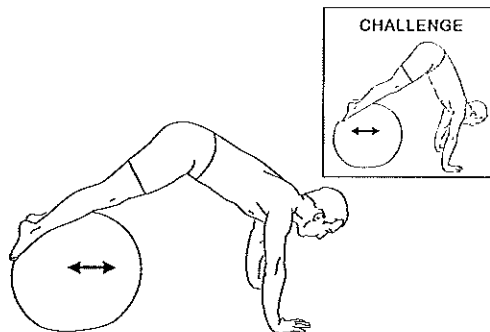


EXERCISE BALL - 3 Circles With Spine Neutral



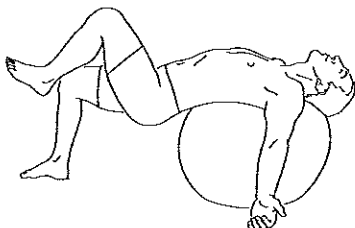
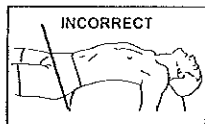
Move ball in circles. Keep pelvis and back level. Do not sag.
 Circle 30 times, clockwise, then counterclockwise,
1 times per day.

EXERCISE BALL - 6 Hip Flexion Extension



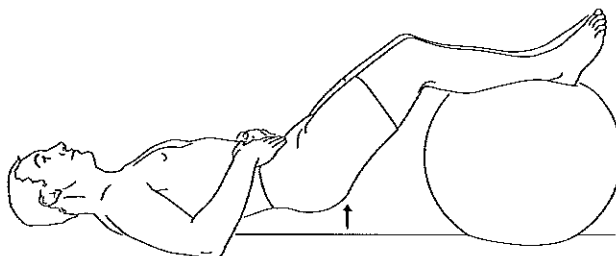
Start with ball under shins, body straight. Roll ball forward, lifting hips. Rolling ball backward, keep spine in neutral and do not sag. Challenge: Raise lower body higher.
 Do 20-30 times, 1 times per day.

EXERCISE BALL - 5 Upper Back on Ball March



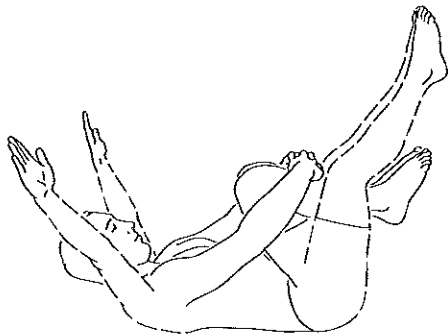
Lift one foot, then other foot, in a march. Keep pelvis level. Be sure pelvis does not rotate.
 Do 30 times, 1 times per day.

EXERCISE BALL - 2 Bridge



Lift hips, keeping pelvis level.
 Do 30 times, 1 times per day.

PILATES - 25 Double Leg Stretch



Start in a tucked position. Stretch arms and legs up. Keep back and pelvis still.
 Do _____ times, _____ times per day.

BACK - 66 Leg Raise (Pike-Lying)

With knees straight, brace upper body, tighten stomach, and raise hips and feet.

Repeat 30 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

