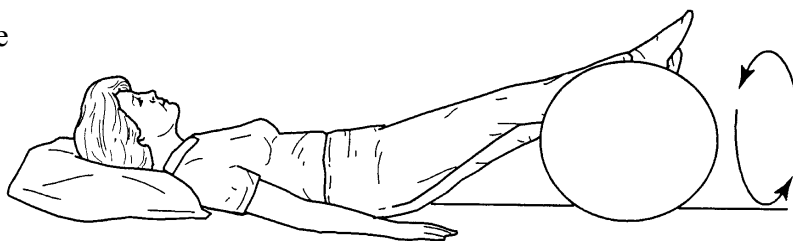


# Physioball Supine Progression: Phase I

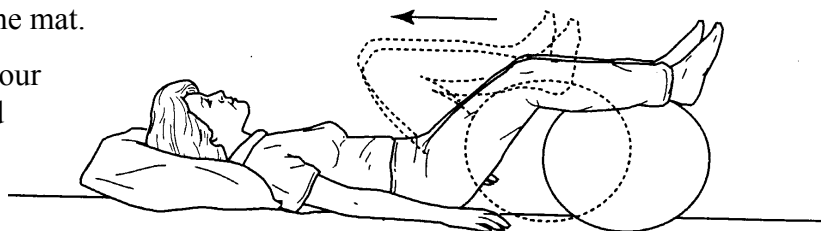
Be sure to keep your back in a pain-free position when doing these exercises. Pushing your lower back into the mat may help this.

- Lie on your back with both legs straight and your ankles resting on the ball.
  - Slowly roll your legs left and right.
  - Push your lower back into the mat.
  - Tighten your stomach muscles to keep your back from arching.
  - Hold for \_\_\_\_ seconds to each side.



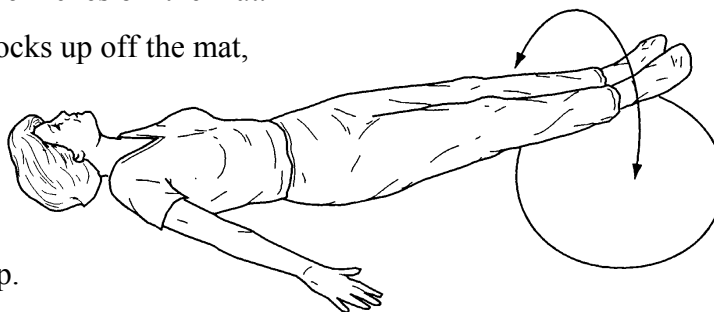
**Repeat \_\_\_\_ times.**

- Lie on your back with your ankles on the ball and your legs straight.
  - Push your lower back into the mat.
  - Slowly bring your knees to your chest, keeping the knees and feet together.
  - Slowly return legs to starting position.



**Repeat \_\_\_\_ times.**

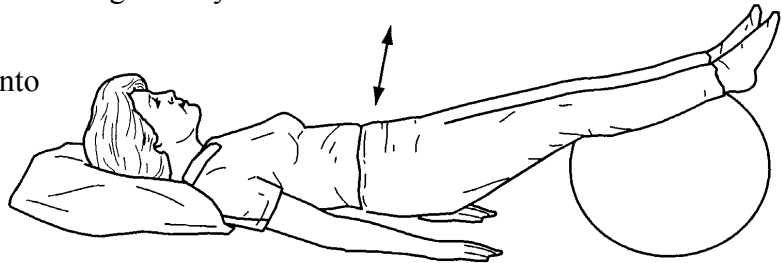
- Lie on your back with your knees straight and ankles resting on the ball.
  - Raise your buttocks 3 to 6 inches off the mat.
  - While holding your buttocks up off the mat, slowly roll the ball left and right.
  - **Do not** arch your back.
  - **Do not** let your hips drop.



**Repeat \_\_\_\_ times.**

- Lie on your back with legs out straight and your ankles on the ball.

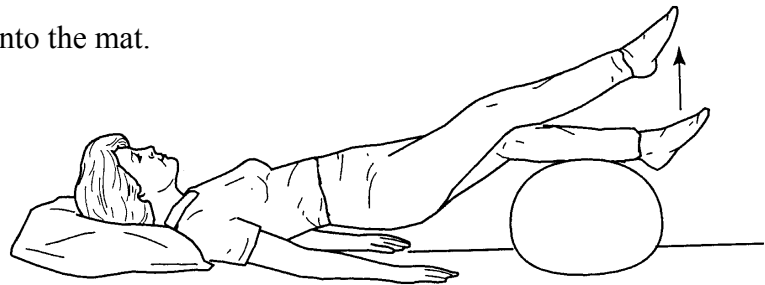
- Push your lower back into the mat.
- Slowly raise your buttocks 3-4 inches off the mat. **Do not** arch your low back.
- **Option:** Add \_\_\_ lb. weight across your hips.



**Repeat \_\_\_\_\_ times.**

- Lie on your back with your ankles on the ball.

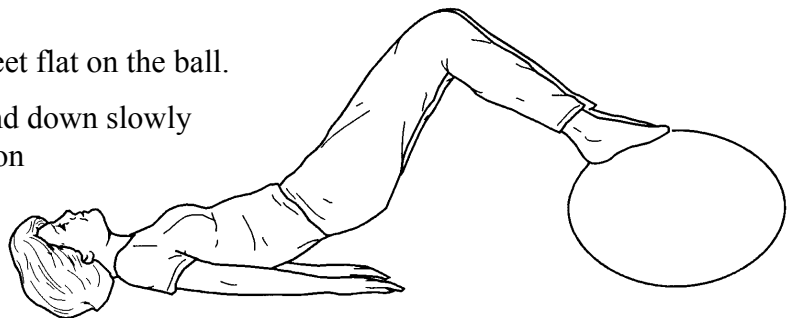
- Push your lower back into the mat.
- Raise your hips off the floor.
- Lift your leg up 4-6 inches, keeping the knee straight and without moving the ball.
- Hold for \_\_\_ seconds.
- **Option:** Use \_\_\_ lb. cuff weight on each ankle.



**Repeat \_\_\_\_\_ times.**

- Lie on your back with your feet flat on the ball.

- Raise your buttocks up and down slowly keeping your feet steady on the ball.

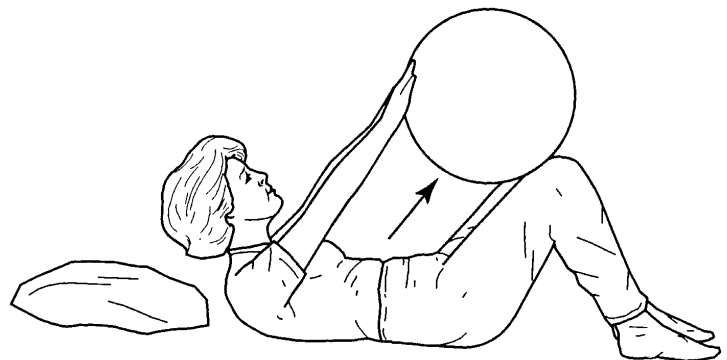
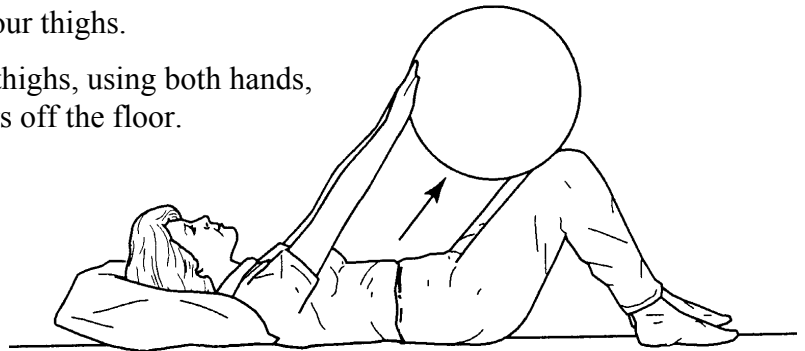


**Repeat \_\_\_\_\_ times.**

- Lie on your back with your knees bent and feet flat on the floor. Place the ball on top of your thighs.
  - Slowly roll the ball up your thighs, using both hands, until you raise your shoulders off the floor.

- Hold for \_\_\_\_ seconds.

**Repeat \_\_\_\_ times.**



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