

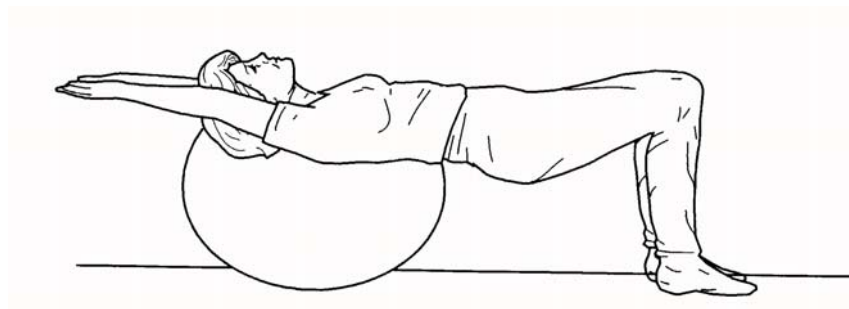
# Physioball Supine Progression: Phase II

These exercises will help strengthen your back. Do these exercises with your back straight and in a pain-free position.

- Sit on the ball. Walk your legs away from the ball until your head and shoulders are resting on the ball. **Do not** arch your back.

- Slowly raise both arms overhead, keeping your back and elbows straight.
- Hold for \_\_\_\_ seconds.
- Return your arms to your sides.
- **Option:** Add \_\_\_\_ lb. cuff weights to both wrists.

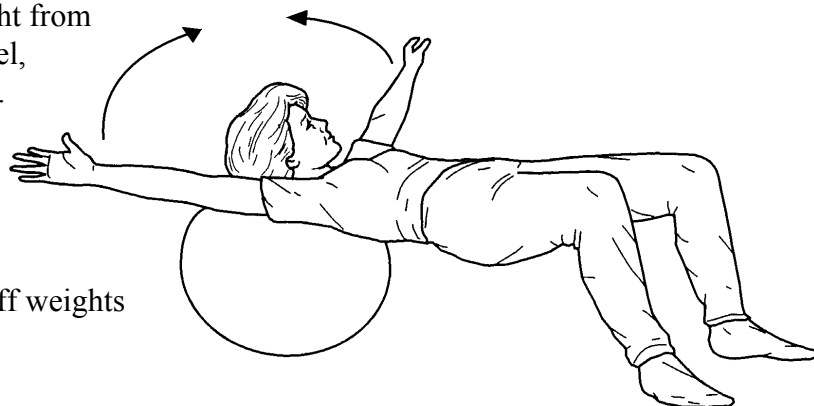
**Repeat \_\_\_\_ times.**



- Sit on the ball. Walk your legs away from the ball until your head and shoulders are resting on the ball.

- With your arms out straight from your sides at shoulder level, bring your hands together.
- Keep your elbows straight.
- **Do not** arch your back.
- **Option:** Add \_\_\_\_ lb. cuff weights to both wrists.

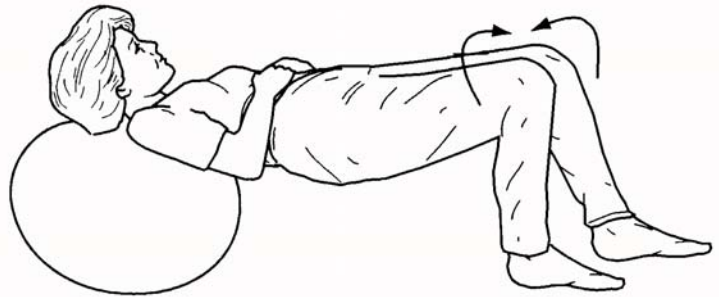
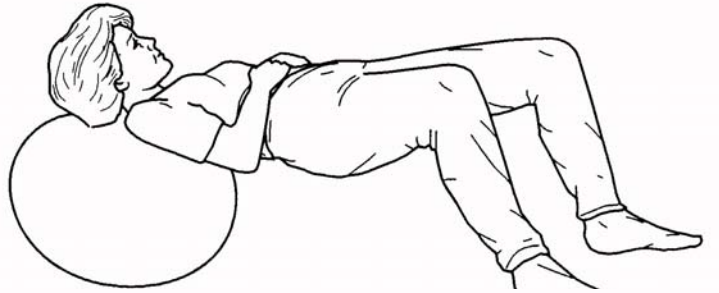
**Repeat \_\_\_\_ times.**



- ❑ Sit on the ball. Walk your legs away from the ball until your head and shoulders are resting on the ball.

- Find a comfortable position for your low back, keeping your back straight.
- Squeeze your knees together and then relax.
- **Do not** arch your back.
- Hold for \_\_\_\_ seconds.

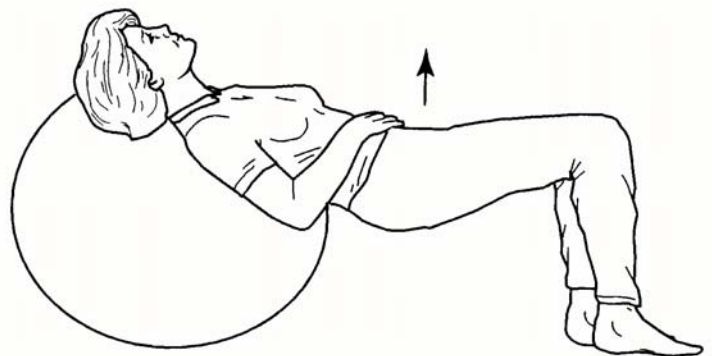
**Repeat \_\_\_\_ times.**



- ❑ Sit on the ball. Walk your legs away from ball until your head and shoulders are resting on the ball.

- Slowly raise and lower your buttocks.
- Keep your back straight.
- **Options:** Add \_\_\_\_ lb. weight across hips.

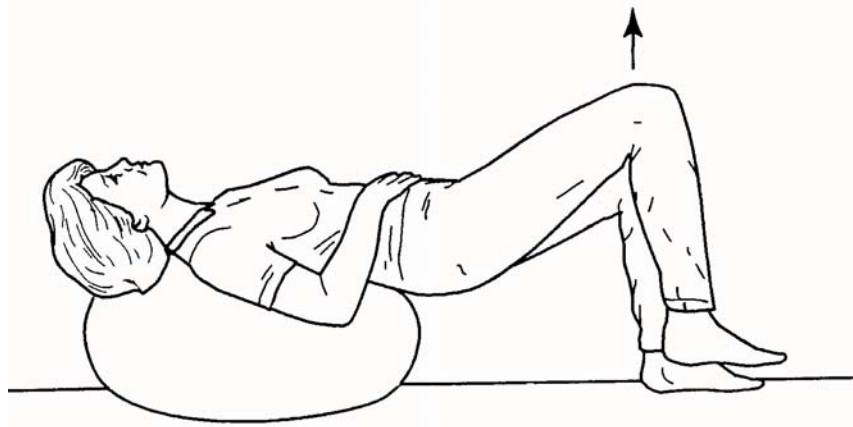
**Repeat \_\_\_\_ times.**



Sit on the ball. Walk your legs away from the ball until your head and shoulders are resting on the ball.

- Slowly march your feet in place.
- Raise each foot 3-4 inches off the floor.
- **Do not** allow your hips to drop or your low back to arch.
- **Option:** Add \_\_\_ lb. cuff weights to both ankles.

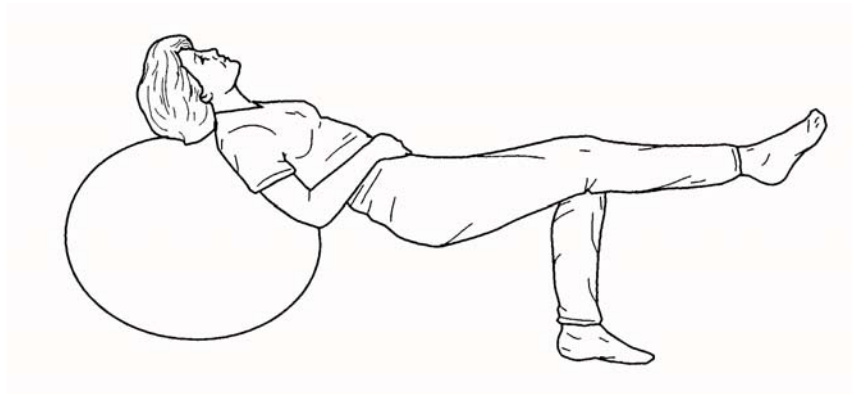
**Repeat \_\_\_ times.**



Sit on the ball. Walk your legs away from the ball until your head and shoulders are resting on the ball.

- Slowly kick your right leg out straight.
- Hold for \_\_\_ seconds.
- Repeat with left leg.
- **Option:** Add \_\_\_ lb. cuff weights to both ankles.

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



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