

SHIRLEY RD CHIROPRACTIC

www.shirleyrdchiro.com.au



Ball Exercises - Basic

These exercises are designed to improve stability and strength of the trunk, low back and abdominal muscles. During any of the exercises, if you feel pain or discomfort it is important to stop and seek further advice from Shirley Rd Chiropractic.

1



1. Balancing on the Ball

With good posture maintain balance while sitting on the ball.

2



2. Sitting One-Leg raise

While sitting on the ball lift each leg alternately.

3



3. Pelvic Lifts - Relax in the above position and then lift the pelvis from the floor. Repeat up to 3 sets of 10.

4



4. Superman Exercise

Start in Position (1) and progress to position (3). You can place your feet against a wall to help stabilisation.





5. Sit-Up (On the Ball)

Crossing arms in front of chest begin with the lower back area on the ball. Sit-up slowly only to the above height from the ball. Do up to 3 sets of 10. Be cautious not to involve the neck muscles.



6. Prone - Leg Lifts

Lie straight across the ball. Lift each leg alternately from the ball. Do 10 times each side. If you experience any discomfort stop immediately.



7. Balancing on the Ball - All 4's Position

Balance while in all 4's position.

Variation - in this position you can do the abdominal hollowing exercise by lifting your lower abdomen in and then out. Remember to keep the back straight.



8. Shoulder Balancing

With your shoulder blades on the ball balance while rolling slowly as far as possible to each side alternately.

3/124 Shirley Rd • CROWS NEST • 2065
Tel: (02) 9966 0992 • Fax: (02) 9460 7212

2/23 Brookhollow Ave • NORWEST • 2153
Tel: (02) 9659 1711 • Fax: (02) 9659 1609

