

SHIRLEY RD CHIROPRACTIC

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Ball Exercises - Advanced

These exercises are designed to further improve stability and strength of the trunk, low back and abdominal muscles. These exercises should not be attempted if you do not feel comfortable with the more basic exercise programme on the ball.

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. Balancing on knees

With good posture maintain balance while kneeling on the ball. For golfers, practising your golf swing while kneeling can be of great assistance for your centre of gravity.



2. Ball Push-Up

While lying on the ball do your push-ups. Your thighs can rest on the ball or you can rest your ankles on the ball.



3. Ball Core stability

Resting on your elbows create a balanced position with your shins on the ball. When balanced bring both knees to the chest, followed by one leg at a time.

Further Advanced

2 points of instability can be created by using a ball cushion and resting the elbows on this. Repeat the exercises above.



4. Shoulder Balancing

With your shoulder blades on the ball and your heels on a ball cushion (or floor) hold and balance.

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