

LUMBAR BRACING

with a rehab ball

These exercises should be done at least **2** times a day. Warm up first with a hot shower, heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.



SIT-UP WITH BALL: Lying on your back with your knees placed on ball, brace your abdomen and do not let your spine move. Hold your arms straight out, parallel to your thighs. Lift your head, neck, and shoulders off of the floor; then curl your upper back up as if your arms are being pulled. Lower. Repeat 10 times.



ABDOMINAL BRACE WALK-OUT: While sitting on the ball, begin to walk away from the ball, allowing the ball to roll up your back. Maintain your abdominal brace. Hold this position 10 seconds. Repeat 10 times.



BALL BRACE WITH LEG LIFT: While in position on the ball with an abdominal brace, lift your foot off of the floor about 3 to 4 inches and keep your knee bent. Lower your foot but stay bridged while you hold your abdominal brace. Alternate each 10 times.



BALL BRACE WITH LEG KICK: While in position on the ball with an abdominal brace, straighten your knee keeping your thighs parallel. Bring your leg down, but stay bridged while you hold your abdominal brace. Alternate each leg 10 times.