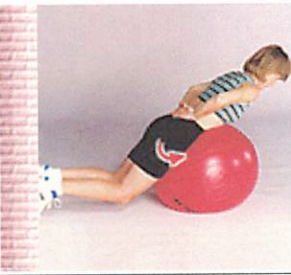
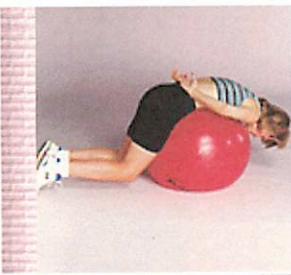


2 sh



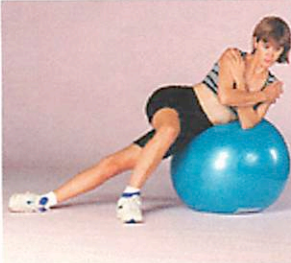
Lakefront Chiropractic Center
 630 Vernon Avenue
 Suite F
 GLENCOE, IL lakefrontchiro.com
 (847)835-4700 (847)835-8408



Back Extensions
 Lying on stomach draped over gym ball with feet touching a wall and knees bent.
 Place hands on low back.
 Raise upper body off ball until shoulders are in line with hips (rib cage just off ball), do not over extend.
 Squeeze buttocks and push pelvis into the ball.
 Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

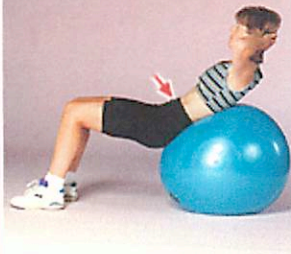
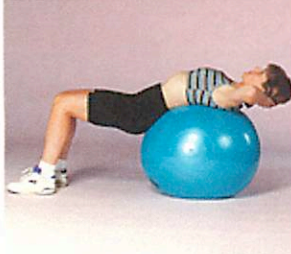
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side Raises
 Down on one knee kneeling beside ball with ball tight to the hip.
 Use the legs to lift body up onto the ball sideways.
 With arms across the chest, slowly lower and then raise upper body sideways off the ball.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

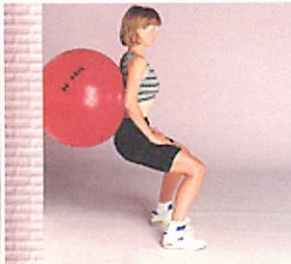
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Crunches
 Lying on gym ball with the ball under the small of the back (or slightly higher).
 Gently cradle head in the hands (do not pull with arms).
 Sit up towards a seated position then slowly and with control, lower body back down to the starting position.
 Maintain abdominal hollowing throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

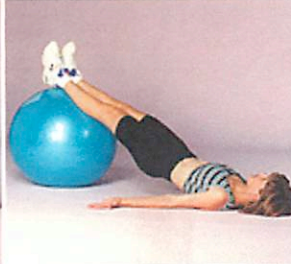
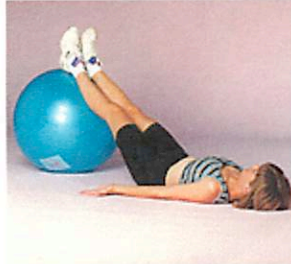
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Squats
 Standing with ball just below small of the back and feet placed slightly in front.
 Lower body down into a squat position (do not bend knees passed 90°) letting ball guide movement but not leaning on ball.
 Return to starting position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

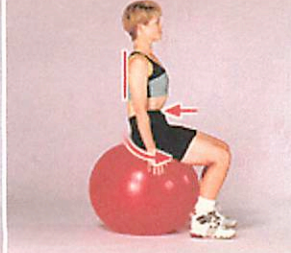
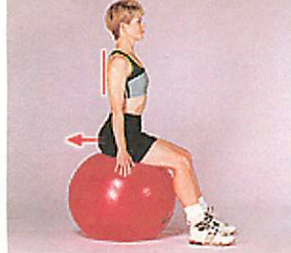
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridge
 Lying on back with heels on ball and knees straight.
 Arms 45° at sides with palms up for stability.
 Press heels into ball and squeeze buttocks to raise pelvis and low back up off floor (keep shoulder blades on floor).
 Hold, then lower pelvis towards floor and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pelvic Tilts
 Sitting tall on gym ball, hands relaxed at sides.
 Perform a posterior pelvic tilt by sucking stomach in and rocking pelvis forward to flatten low back, upper body should not move.
 Rock pelvis backwards to arch the low back.
 Ball will roll slightly back and forth.
 Keep within pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

