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# The Physioball Workout

## A Great Way to Help Treat (and Even Prevent) Low Back Pain

#### Why Should I Exercise With A Physioball?

It is estimated that 80% of Americans have some form of back pain at least once in their lives. A major contributor to this is that many of have lost the ability to stabilize our spine with our "Core" muscles.

These 5 Physioball exercises can go a long way toward managing your low back pain.



Exercise #1 – Crunches

- Keep feet just wide enough for you to keep your balance
- Starting Position: Back parallel to the ground, looking up
- Take a deep breath. As you breath out, complete the crunch
- Finish crunch as shown
- Note: Be sure NOT to pull your neck with your hands

Completed Crunch

### Exercise #2 - Bridges

- Keep feet just wide enough to stay balanced
- Starting Position: See Right Picture
  - o Only upper back on ball with buttocks muscles contracted and, in necessary, elbows on ball for stability
- Deep a deep breath.
- As you breath out, touch buttocks to the ground and return to starting position with buttocks contracted



Beginning and end Bridge position



Midway point of Reverse Crunch

#### Exercise #3 - Reverse Crunches

- Starting Position: Ball on ground. Knee flexed on top of the ball as close as possible. Hands on ground for stability
- Take a deep breath.
- As you exhale, use abdominal muscles to bring knees to your chest,

stopping as soon as low back starts to come off the ground.

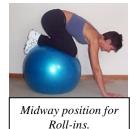
Lower ball to the ground as you finish exhaling.





Beginning and end position for Roll-Ins.

- Starting Position: See left picture
- Take a deep breath
- As you exhale, use your abdominal muscles to roll knees underneath you.
- As you finish exhaling, return to starting position.
- Take a deep breath and repeat.



Exercise #5 - Plank Holds



- Assume a push-up position but rest on your elbows instead of your hands
- Tip: To help you maintain the plank position, contract your buttocks muscles.
- Hold for as long as you can.

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