

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.



Completed Crunch

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

Exercise #2 - Bridges

- ✓ Keep feet just wide enough to stay balanced
- ✓ Starting Position: See Right Picture
 - 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.

Exercise #4 – 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.



*Beginning and end position
for Roll-Ins.*



*Midway position for
Roll-ins.*

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.

