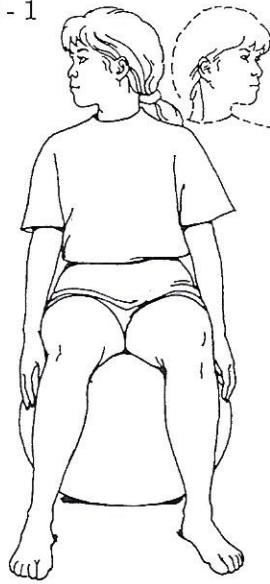


THERAPEUTIC BALL - SPINE - 1
Seated Neck Rotation

Gently turn head
from side to side.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

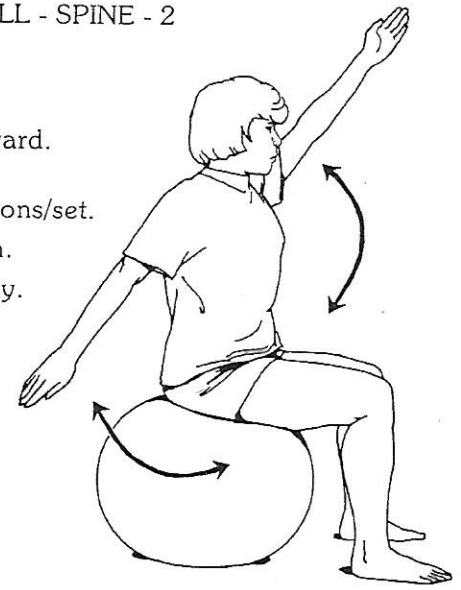


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THERAPEUTIC BALL - SPINE - 2
Sitting Arm Swing

Swing arms
forward and backward.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

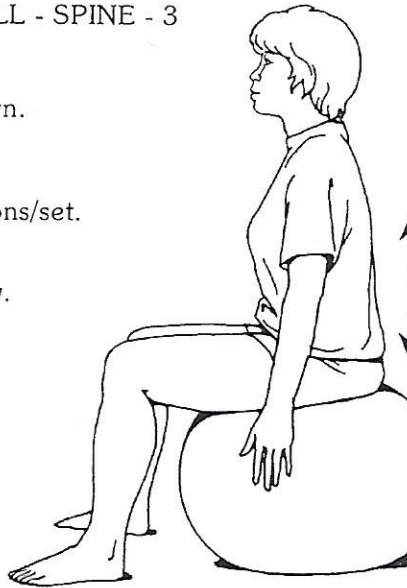


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THERAPEUTIC BALL - SPINE - 3
Seated Bouncing

Bounce up and down.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

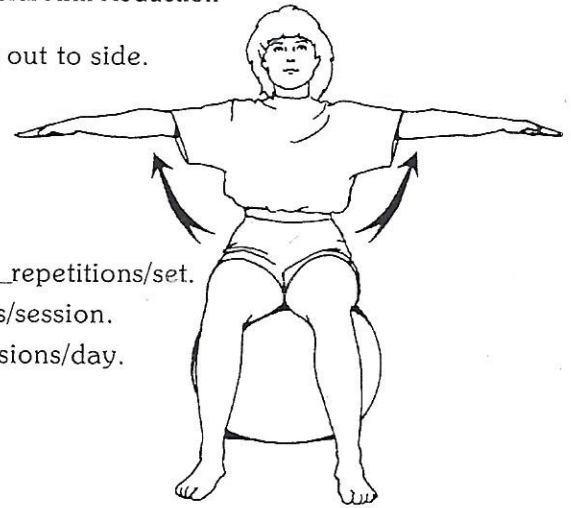


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THERAPEUTIC BALL - SPINE - 4
Sitting Bilateral Arm Abduction

Raise arms out to side.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

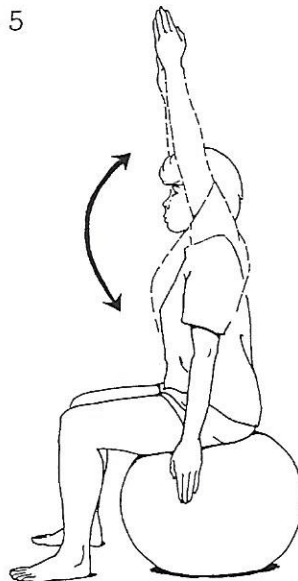


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THERAPEUTIC BALL - SPINE - 5
Sitting Bilateral Arm Flexion

Raise arms over head.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.



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THERAPEUTIC BALL - SPINE - 6
Unweighted Pelvic Tilt

With hands on supports
to take weight off spine,
gently rotate hips
forward and backward.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

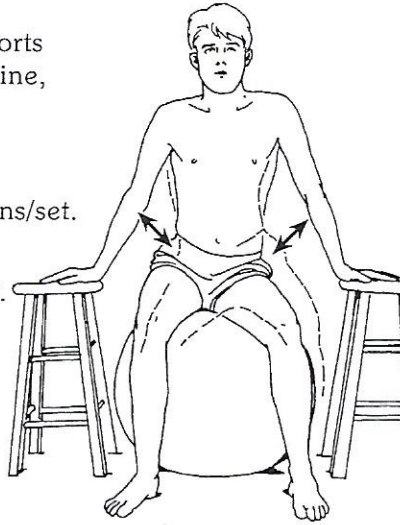


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THERAPEUTIC BALL - SPINE - 7
Unweighted Lateral Pelvic Tilt

With hands on supports to take weight off spine, gently move hips from side to side.

Repeat ____ repetitions/set.
Do ____ sets/session.
Do ____ sessions/day.

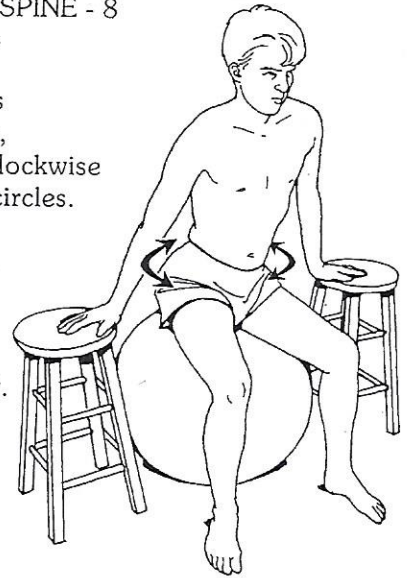


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THERAPEUTIC BALL - SPINE - 8
Unweighted Pelvic Circles

With hands on supports to take weight off spine, gently rotate pelvis in clockwise then counterclockwise circles.

Repeat ____ repetitions clockwise then ____ repetitions counterclockwise/set.
Do ____ sets/session.
Do ____ sessions/day.

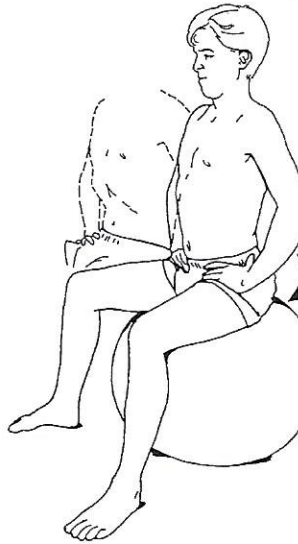


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THERAPEUTIC BALL - SPINE - 9
Pelvic Tilt

Gently rotate pelvis forward and backward.

Repeat ____ repetitions/set.
Do ____ sets/session.
Do ____ sessions/day.

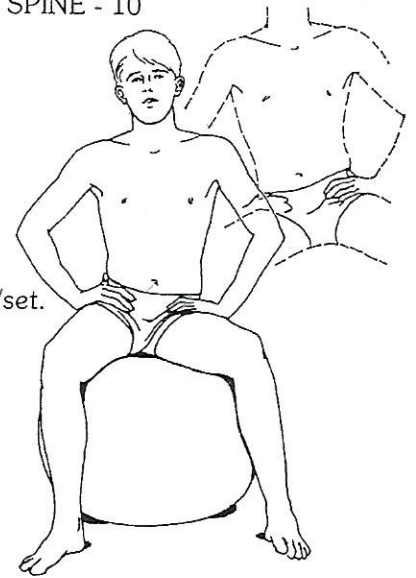


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THERAPEUTIC BALL - SPINE - 10
Lateral Pelvic Tilt

Gently move hips from side to side.

Repeat ____ repetitions/set.
Do ____ sets/session.
Do ____ sessions/day.



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THERAPEUTIC BALL - SPINE - 11
Pelvic Circles

Gently rotate pelvis in clockwise then counterclockwise circles.

Repeat ____ repetitions clockwise then ____ repetitions counterclockwise/set.
Do ____ sets/session.
Do ____ sessions/day.

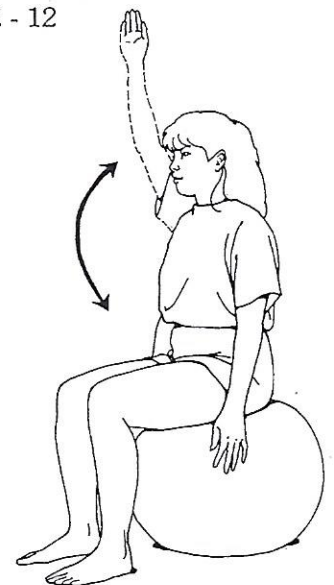


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THERAPEUTIC BALL - SPINE - 12
Sitting Alternating Arm Raise

Raise one arm above head and return. Repeat with other arm.

Repeat ____ repetitions/set.
Do ____ sets/session.
Do ____ sessions/day.

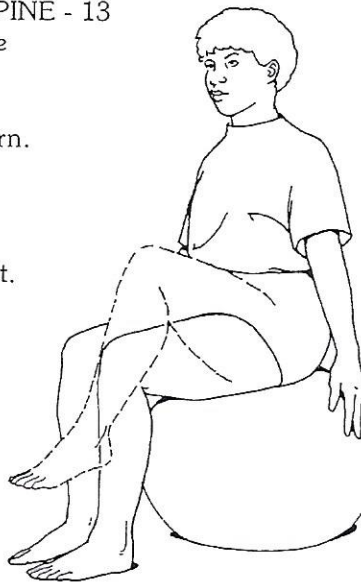


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THERAPEUTIC BALL - SPINE - 13
Sitting Alternating Leg Raise

Raise bent knee and return.
Repeat with other leg.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

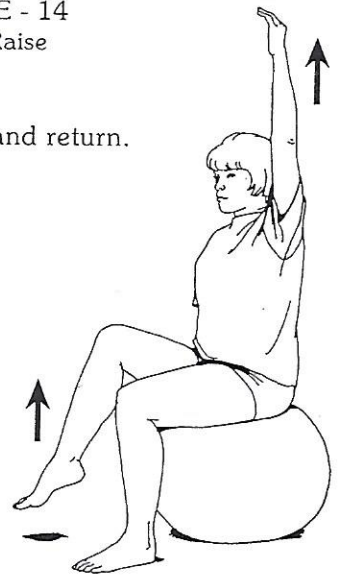


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THERAPEUTIC BALL - SPINE - 14
Sitting Opposite Arm and Leg Raise

Raise opposite leg and arm and return.
Repeat with opposite limbs.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.



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THERAPEUTIC BALL - SPINE - 15
Sitting Same Side Arm and Leg Raise

Raise same side arm and leg and return.
Repeat with opposite side.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

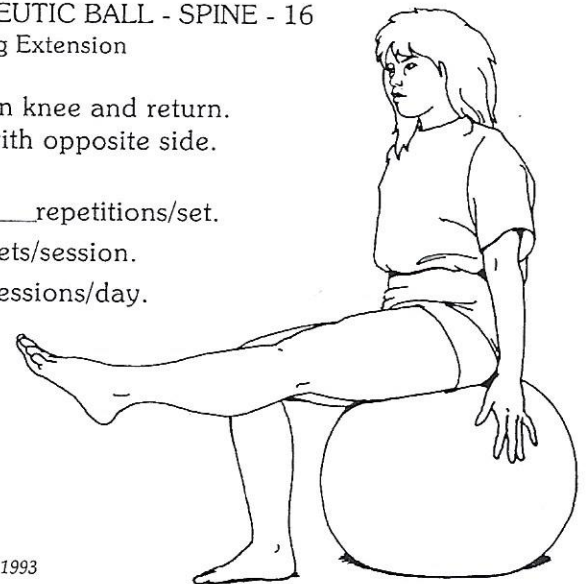


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THERAPEUTIC BALL - SPINE - 16
Sitting Leg Extension

Straighten knee and return.
Repeat with opposite side.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.

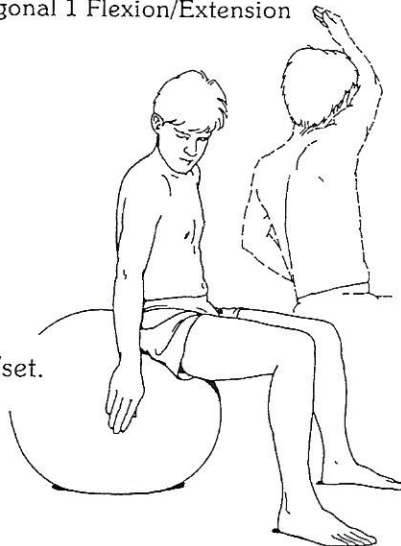


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THERAPEUTIC BALL - SPINE - 17
Forward Sitting PNF Diagonal 1 Flexion/Extension

Sit forward on ball.
Raise arm across body and behind head.
Follow movement of arm with head and lean back slightly while reaching.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.



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THERAPEUTIC BALL - SPINE - 18
Forward Sitting PNF Diagonal 2 Flexion/Extension

Sit forward on ball.
Raise arm from opposite knee across body and reach up.
Follow movement of arm with head and lean slightly back while reaching.

Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.



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