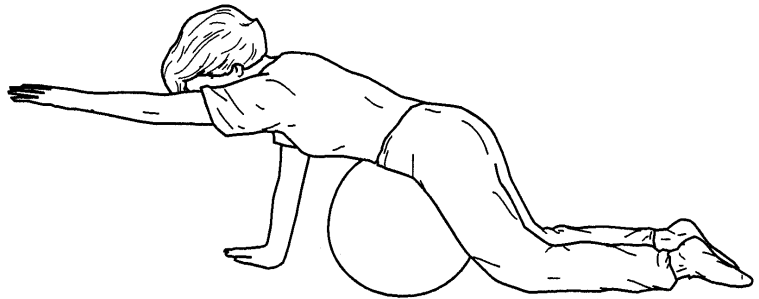


Physioball Prone Progression

Do each exercise with your back straight in a pain-free position.

- Lie on your stomach with your hips resting on the ball and both hands and knees on the floor.

- Slowly raise your left arm off the ground to shoulder level and hold.
- Repeat with right arm.
- **Do not** allow your back to arch.
- **Options:** Add ___ lb. cuff weights to wrists.



Repeat ___ times.

- Get on your hands and knees with the ball resting under your stomach.

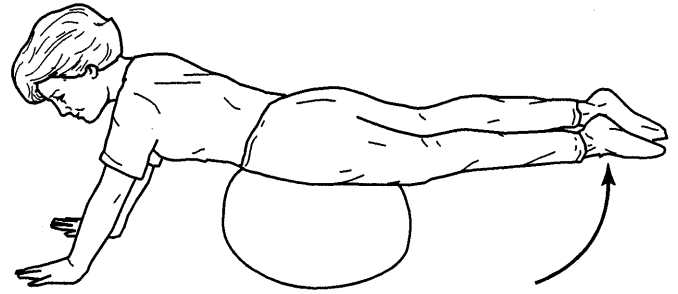
- Raise both arms out in front of you at the same time.
- **Do not** allow your back to arch.
- Hold for ___ seconds
- **Option:** Add ___ lb. cuff weights to wrists.



Repeat ___ times.

Lie on your stomach with your hips on the ball.

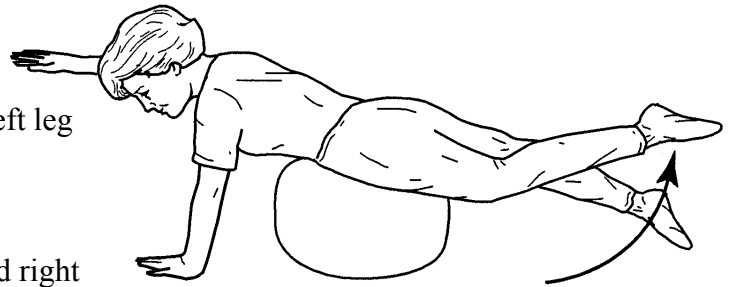
- Support yourself with both hands and feet touch the ground.
- Slowly lift both legs off the floor 3-6 inches, balancing yourself with your arms.
- **Do not** arch your back.
- Hold for ____ seconds.



Repeat ____ times.

Lie on your stomach with your hips on the ball. Both hands and feet should be touching the ground.

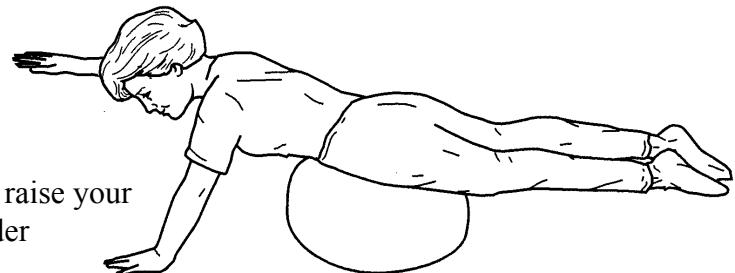
- Slowly raise your right arm and left leg 3-6 inches off the ground.
- Hold for ____ seconds.
- Relax and repeat with left arm and right leg.
- **Option:** Add ____ lb. cuff weights to wrists.
- **Option:** Add ____ lb. cuff weights to ankles.



Repeat ____ times.

Lie on your stomach with your hips on the ball.

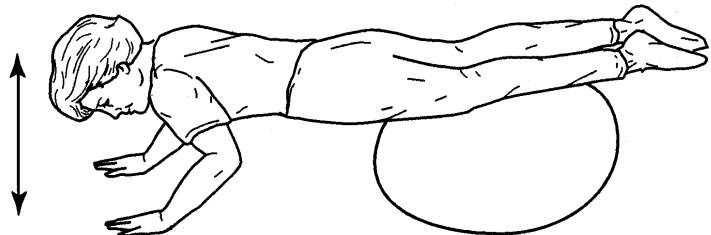
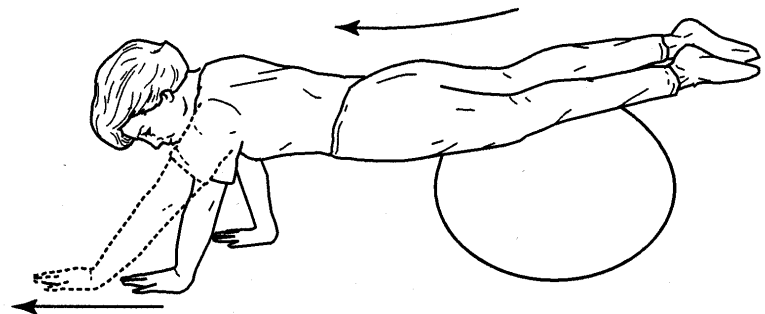
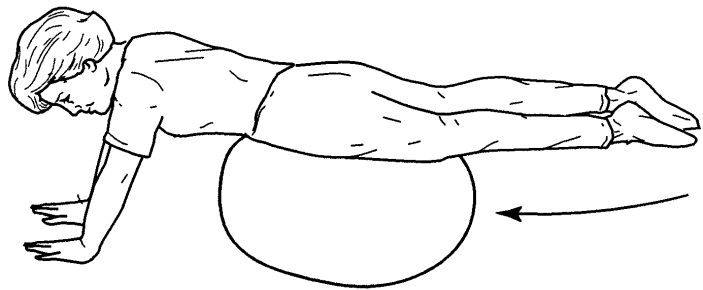
- Support yourself with your arms.
- Hold both legs off the floor 3-6 inches.
- While holding both legs off the floor, raise your right arm out in front of you to shoulder level.
- Hold for ____ seconds.
- Lower right arm and repeat with left arm.
- **Option:** Add ____ lb. cuff weights to wrists.



Repeat ____ times.

☐ Lie on your stomach with your hips on the ball.

- Support your weight with your hands.
- Walk your hands forward from the ball until your thighs are resting on the ball. The goal is to walk out far enough so that the ball is at your ankles
- With the ball resting under your thighs or ankles, do push-ups. Keep the ball from moving as you do the push-ups.



Repeat _____ times.

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