

# Lower Back

## Isometrics with Ball Therapeutic Exercises

The purpose of exercising with an exercise ball is to strengthen the back muscles. When the ligaments of your back have been damaged, the muscles must work harder to guide and direct your movements and also to re-establish stability. By exercising on a regular basis you will increase the strength, coordination and function of your back as well as hold your spine stable for longer periods of time.

**Exercise #1:** This exercise works the muscles in the abdominal region.

Stand about one foot away from the wall you are facing, holding the ball at the center of your torso, and gently pressing forward. Hold the forward pressure for five seconds and release. Repeat this exercise ten times.



**Exercise #2:** This exercise works the muscles on the sides of your back.

Turn your body so that your shoulder is against the wall and you are standing up straight. Place the closest foot along the wall but on the floor. Place the ball just beneath your armpit, while pressing lightly. This is the neutral position. You may want to use your hand to steady the ball. Gently press your side into the ball. Take care to remain standing up straight, don't let your hips and shoulders sway in and out from the wall; just your back is doing the work. Hold the sideways pressure for five seconds and release. Repeat this exercise ten times and then turn to do the other side.



**Exercise #3: This is the most important back exercise you will perform.**

This exercise works the back muscles. Turn your back to the wall with your feet shoulder width apart and about 6 inches from the wall. Place the ball just beneath your shoulder blades. Press back gently against the ball; Hold the backward pressure for five seconds and release. Repeat this exercise ten times.



These exercises, when done regularly, will develop the strength, power and endurance of your back muscles. A few simple rules are this; use proper technique, don't lean with your body, just press with your body. Stop if there is any discomfort. Remember, you are in control of the amount of force and stress placed on your back throughout the entire exercise. As you are able, steadily apply more pressure.

**Note: These directions are intended for use after hands-on instruction has been given.**