

Lower Back

Range of Motion with Ball Therapeutic Exercises

Flexion: Kneel behind the ball in prayer position. Slowly roll your body forward on the ball, gently rocking forward and backward. Maintain your balance while smoothly performing the movement. Stop movement if you feel any pain.



Extension: Squat in front of ball and place your back on top of ball. Slowly roll your body backward on the ball. Reach above your head with your arms, gently rocking forward and backward. Stop movement if you feel any pain.



Lateral Flexion: Kneel beside the ball with the knee closest to the ball bent. Keep the opposite leg straight. Place the arm closest to the ball on top of the ball for balance. Slowly roll your body on top of the ball. Reach above your head with your free arm. Repeat to the other side. Stop movement if you feel any pain.

