

Boos Chiropractic Body Ball Rehab Exercises

1. The slouching exercise

***Bend forward over your knees and slouch your shoulders then bend back up and bring your shoulders back to where they are supposed to be!**

2. Front and back pelvic Tilt

***Rock your pelvis forward with a slight movement and then rock it back and stick your bottom out. Do those back and forth in a very slow and little movement 10 times (front and back is 1)**

3. Side to side pelvic tilt

***Same movement as the one above just side to side like you are squeezing your side abs together.**

4. Stability Test & Exercise

***While still setting on the ball just hold on leg up at a time and test how long you can hold it in that position without putting foot back on the ground. Try for 30sec then you can work yourself up for 60sec.**

5. Bird Dog Exercise

***Get down on all fours with head facing down and holding arm next to your ear then put the opposite leg straight up and hold for 5 seconds and switch and do other side. Do about 5 on each side.**

Can get Body Ball at Academy Sports, Target

or

Wal-mart

55cm=5'0-5'3

65cm=5'4-6'0

75cm=Anything above.