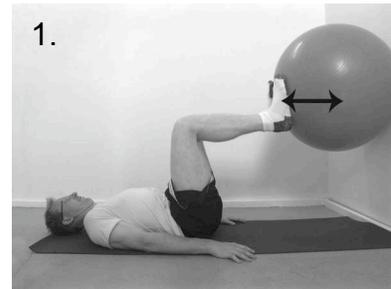


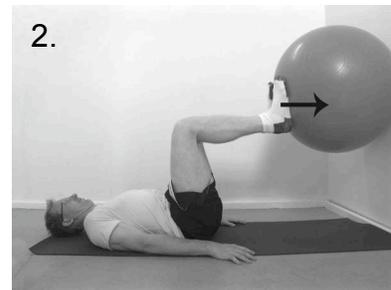
**Physioball Jackhammer**

1. Begin by lying on your back with physioball up on the wall between your feet and the wall. Your knees and hips should be at 90°. Set your feet at hip distance with knees and feet both aligned straight. Press feet into the ball in a rhythmic and quick manner, bouncing back and forth. Focus on coordination and control rather than pressing into the ball as hard as you can. Bounce continuously for 20 seconds. Repeat as directed by your PT.



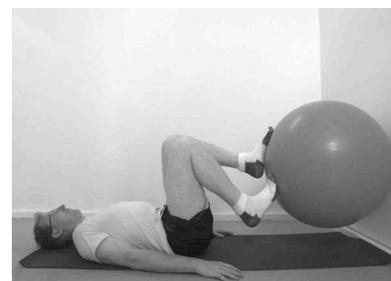
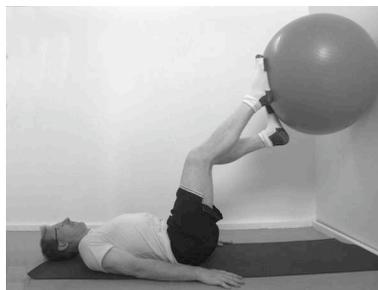
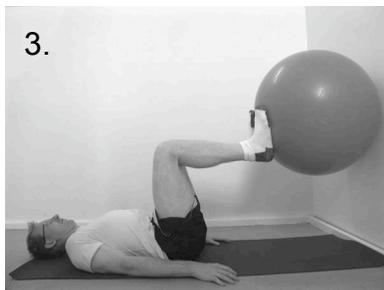
**Physioball Wall Press**

2. Lie in the same starting position with the feet holding the ball against the wall. Push your feet into the ball as hard as you can; hold for 10 seconds and release slowly. Engage the abdominals before you push to maintain a neutral lumbar spine and stable pelvis. Repeat as directed by your PT.



**Physioball Roll-Up**

3. Lie in the same starting position with the feet holding the ball against the wall. Engage the abdominals before you begin to maintain a neutral lumbar spine and stable pelvis. Walk the ball up the wall, alternating feet and then walk the ball down the wall to the floor.



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