



Family Care Plus Physical Therapy and Wellness
G-2037 South Center Road, Suite A
Burton, Michigan 48519

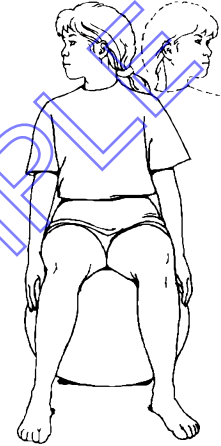
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These are sample exercises. *Please follow all safety precautions while using any of these ball exercises.

SPINE - 1
Seated Neck Rotation

Gently turn head from side to side.

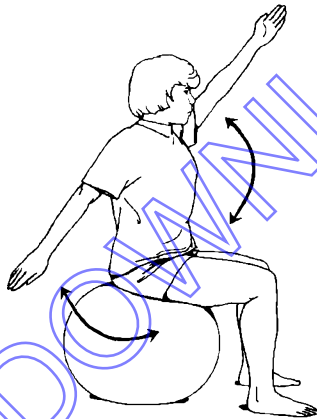
Repeat 10 times per set.
Do 2 sets per session.
Do 3 sessions per day.



SPINE - 2
Sitting Arm Swing

Swing arms forward and backward.

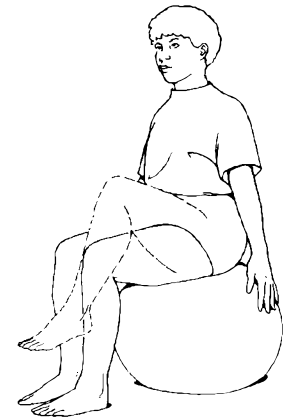
Repeat 10 times per set.
Do 2 sets per session.
Do 3 sessions per day.



SPINE - 13
Sitting Alternating Leg Raise

Raise bent knee and return. Repeat with other leg.

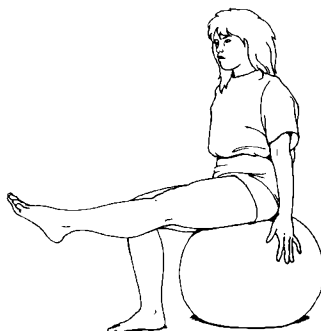
Repeat 10 times per set.
Do 2 sets per session.
Do 3 sessions per day.



SPINE - 16
Sitting Leg Extension

Straighten knee and return. Repeat with other leg.

Repeat 10 times per set.
Do 2 sets per session.
Do 2 sessions per day.



SPINE - 38
Bridging with Calves on Ball

Lying on back with calves resting on ball, raise buttocks from floor.

Repeat 10 times per set.
Do 2 sets per session. Do 3 sessions per day.

