

VI. LATERAL FLEXION CRUNCH

Stabilize yourself in a corner against the 2 walls with your legs crossed. Lie at your side with the lower leg slightly bent and keeping the top leg straight. Place both hands on your nape or across your shoulders. Lift your shoulders up and hold it for 3-5 seconds, then back to the starting position.

STEP 1



STEP 2



VII. PRONE BALL HIP FLEXION AND SHOULDER FLEXION

Rest comfortably with your pelvis & stomach on the ball. Try to balance yourself first before you start the exercise. Then stretch out one hand and the opposite leg. Hold it for 3-5 seconds and repeat to the other side.

STEP 1 "Starting position"



STEP 2



This guide can help you better understand your exercise and activity program, which should be monitored by your chiropractor and physiotherapist.

Villa 119, Al Thanya Road, Umm Suqeim
2, Dubai, United Arab Emirates

Tel: 043481166/3486900
Mobile #: 050-6403307
Fax: 043481165

info@emirateseuropean.com
www.chiropracticdubai.com

CORE STABILITY EXERCISES



3. ADVANCED

I. PRONE BALL ROLL

Kneel facing the ball and placed both hands on top. Then slowly start to roll forward by pushing it with your body until your spine is in neutral position. Make sure both feet are off the floor to feel more stretching. Hold it for 5 seconds with breathing.

STEP 1
"Starting Position"



STEP 2
"Slowly roll forward until your spine is straight"



II. PUSH-UP ON THE BALL WITH BOTH LEGS EXTENDED

Place the exercise ball against a flat wall for stability. Then position yourself facing the ball and placed your both hands on the ball at a comfortable distance apart with arms straight and brace the abdominal muscles to hold the spine. Ensure throughout the exercise that the shoulder blades does not wing. Pivot on toes with the knees straight and then start pushing your shoulders down and up.

STEP 1
"Starting Position"



STEP 2
"Push down and up"



III. PRONE BACK EXTENSION

Rest comfortably with your pelvis & stomach on the ball. Place both hands on your nape with legs straight and toes on the floor. Then slowly lift your upper back together with the head until your spines are straight. Just make sure don't hyperextend your back to avoid low back pain. Hold it for 5 seconds with breathing, and then back to the starting position.

STEP 1
"Starting Position"



STEP 2
"Lift your upper back & head"



IV. PRONE BRIDGING ON SINGLE LEG

Lie down on your back with feet and legs propped on a ball. Keeping abdominal muscles tight and slowly lift your hips off the floor with one leg off the ball until your body is in a straight line. Hold it for 5 seconds with breathing and repeat to the other side.

STEP 1
"Starting Position"



A



B

STEP 2
"Slowly lift your hips with one leg extended"



V. PRONE JACK KNIFE

Stand facing the ball and prepare yourself to roll forward until your legs are rested on a ball with both hands on the floor. Keep your spine and head in neutral position. Start pulling your both knees in to the chest and hold it for 3-5 seconds. Ensure that shoulder blades does not wing while pushing the floor away. Then return to the starting position and repeat the exercise.

STEP 1
"Starting position"



A



B

STEP 2
"Roll the ball forward by your both legs"



A



B