

Cox® Low Back Pain Stability Ball Exercises



Relaxation and Stretch



1. Lie on your stomach over the ball.
2. Balance yourself on your knees.
3. Rest your arms in front of you on the ball or floor, whichever is more comfortable.
4. Stretch for 15 to 30 seconds.



Abdominal Strengthening



1. Lie on your back over the ball.
NOTE: Be sure your feet are firmly planted on the floor.
NOTE: Be next to wall for support should you need it.
2. Hold your stomach muscles tight.



3. Sit up by raising your shoulders.
4. Hold for a slow count of 4.
5. Return to the start position.
6. Repeat this procedure as many times as you can.
NOTE: Start with 2 repetitions.
Make 12 to 15 repetitions your goal.



Back Strengthening and Stretch*



1. Lie on your stomach over the ball.
2. Place your hands behind your head.
3. Lift your head/shoulders/chest off the ball by tightening your low back muscles.
4. Hold for a slow count of 4.
5. Return to the resting position.
6. Repeat this procedure as many times as you can.
NOTE: Start with 2 repetitions.
Make 6 to 10 repetitions your goal.

* NOTE: Only do this exercise upon approval from your physician.

Disclaimer: Only do these exercises if you are recommended to do so by your doctor. Do not exercise without the recommendation by your doctor. Listen carefully to any modifications your doctor gives you for each exercise. Only do the exercises to your tolerance. If you experience any pain, stop the exercises and discuss with your doctor. If you have any questions about the appropriateness of any exercise, ask your doctor before proceeding.