



## Resisted Dorsiflexion Ball Roll With Core Activation

### Purpose:

This exercise improves stability of the lower trunk while promoting independent movement in the lower extremities.

### Benefit:

This exercise promotes improved stability in the golf swing.

### Instructions:

While lying on your back, loop one handle of the tubing around your foot and the other around your opposite side hand. The point of attachment is the height of the ball. First movement is extending the straight arm, holding the tubing, over your head and hold. Before you roll the ball, pull your toes up toward your head and hold while you roll the ball as far as you can by bending your knee. Then roll ball back, lowering your arm. For more resistance, slide farther away from point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

