



Spinal Extension Over Ball

Purpose:

Release thoracic and lumbar tightness through flexion.

Benefit:

Allow greater ROM through thoracic/lumbar spine and improve pelvic mobility.

Instructions:

Sitting on swiss ball, place feet in front of swiss ball. Slowly lower upper body down and back along swiss ball until head rests gently on swiss ball. Try to maintain pelvic tilt throughout exercise.

Quantity:

_____ minutes

