



Spinal Flexion Over Ball

Purpose:

Release thoracic and lumbar tightness through flexion.

Benefit:

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

Instructions:

Place knees down in behind swiss ball. Laying upper body over swiss ball, roll onto swiss ball until lumbar spine is at top of ball. Hold position maintaining a pelvic tilt position.

Quantity:

_____ minutes

