

**WEEK 1: 10 minutes**

**AEROBICS: 5 minutes**

*description:*

Any rhythmic activity that uses large muscle groups and which can be sustained for a period of time, such as: walking, jogging, running, cycling, swimming, rowing, cross country skiing, in-line skating, or aerobic dance.

*rationale:*

To begin to build a base of activity that will progressively increase in time and intensity to positively affect cardiorespiratory conditioning.

**FLOOR EXERCISE: 3 minutes**

1. BUTTERFLY: 30 seconds

*description:*

Sit with knees and bottom of feet together. Hold onto ankles and press knees to the floor. Relax slowly.

*rationale:*

To improve flexibility of the adductor muscles of the hip.



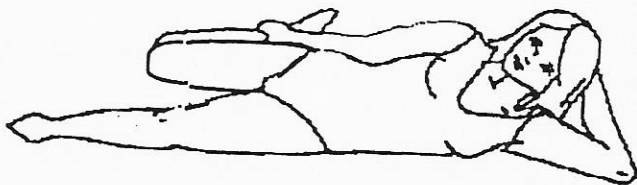
2. QUAD STRETCH: 30 seconds each leg

*description:*

Side-lying or standing on one leg, bend one knee and grasp ankle. Pull heel toward buttocks as far as possible. Hold, relax slowly. Repeat with other leg.

*rationale:*

To improve flexibility of the quadriceps group and hip flexor musculature.



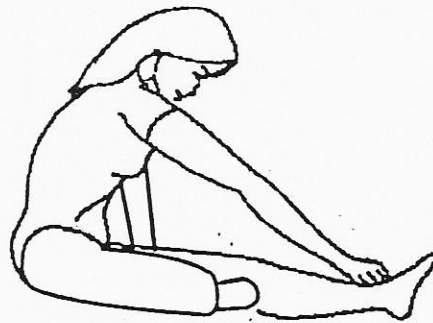
3. HAMSTRING STRETCH: 30 seconds each leg

*description:*

Seated with one leg extended and the sole of the other foot against inner leg. Reach toward ankle as far as possible. Hold and relax slowly. Repeat with other leg.

*rationale:*

To improve flexibility in the hamstring group and low back musculature.



**BALL EXERCISE: 2 minutes**

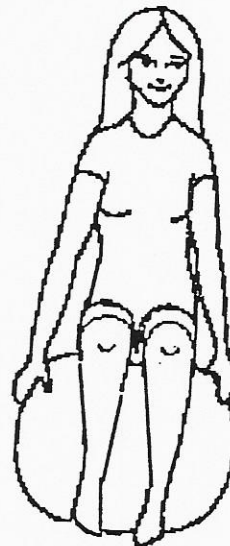
1. BOUNCE: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, arms at side, not resting on legs or ball. Bounce on ball using legs to initiate movement.

*rationale:*

To effect compression and distraction of vertebra to enhance nourishment of the discs while instilling a sense of balance and neutral spine positioning.



**WEEK 2: 19 minutes**

**AEROBICS: 8 minutes**

**FLOOR EXERCISE: 5 minutes**

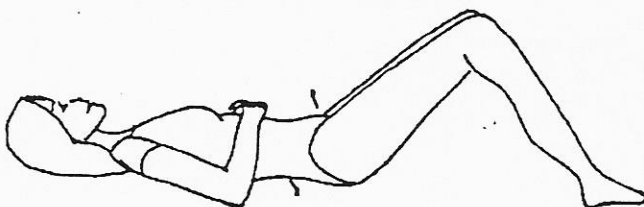
1. BUTTERFLY: 30 seconds
2. QUAD STRETCH: 30 seconds each leg
3. HAMSTRING STRETCH: 30 seconds each leg
4. PELVIC TILT: 1 minute

*description:*

Back lying with knees bent and feet flat on floor. Contract stomach muscles and buttock muscles simultaneously. The hips will rotate and the lumbar area will be pressed against the floor. Pause and relax slowly.

*rationale:*

To introduce coordinated motion at the hip, pelvis, and low back through controlled contractions of the abdominal and gluteal musculature.



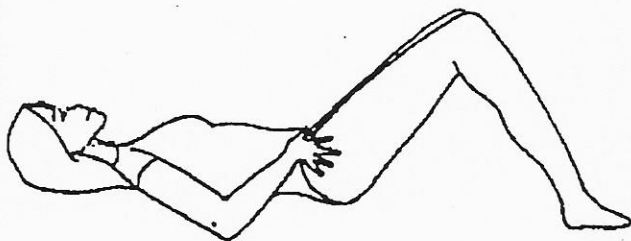
5. HIP HIKING: 1 minute

*description:*

Back lying with knees bent, feet flat on floor. Perform a pelvic tilt and maintain this position. Pull one hip toward the shoulder, "pinching" in at the waist. Repeat with the other hip in a "wiggling" motion. Concentrate on moving hips rather than shoulders.

*rationale:*

To introduce coordinated motion at the hip, pelvis, and low back through controlled contractions of the abdominals, obliques and quadratus lumborum musculature.



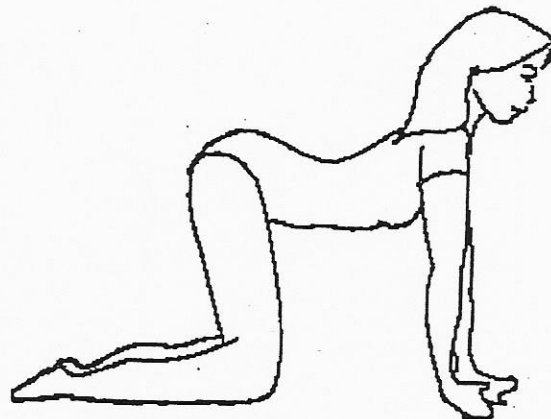
6. CAT STRETCH: 30 seconds

*description:*

On all fours. Gently let belly sag toward floor, then slowly tuck chin and push back up toward ceiling. Pause and repeat.

*rationale:*

To improve motion and flexibility globally throughout the spine and specifically with regard to extension and flexion of the spine.



**BALL EXERCISE: 8 minutes**

1. BOUNCE: 2 minutes
2. DRUM: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, hands in front of chest with elbows raised to shoulder level. Bounce on ball using arms to initiate motion in a drumming fashion.

*rationale:*

To maintain balance and control a neutral spine position while executing extraneous upper body activity.



3. ARM CIRCLES: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, arms out to side held at shoulder level. Bounce on ball using arms to begin movement by circling arms either to the back or the front. Circles should be fairly small.

*rationale:*

To maintain balance and control a neutral spine position while executing extraneous upper body activity.



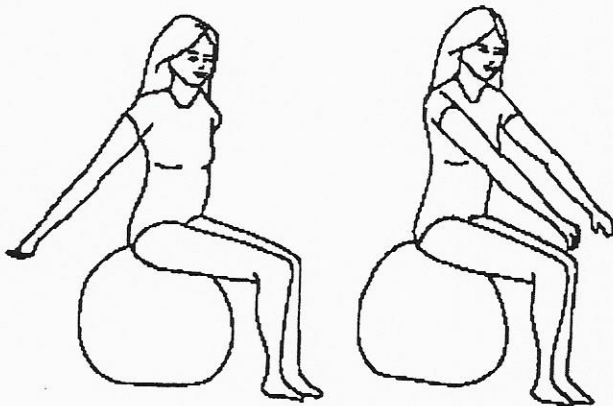
4. ARM SWINGS: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, arms at side. Bounce on ball using arms to initiate movement by swinging them forward and backward.

*rationale:*

To maintain balance and control a neutral spine position while executing extraneous upper body activity which creates varying amplitudes of bouncing height.



**WEEK 3: 20 minutes**

**AEROBICS: 10 minutes**

**FLOOR EXERCISE: 2 minutes**

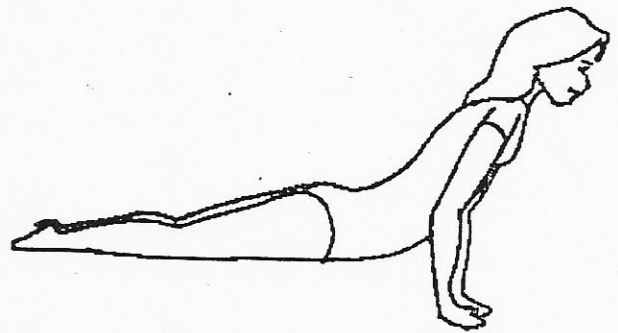
1. PRESS UP: 30 seconds

*description:*

Lie on stomach with hands flat on floor by chest. Press up as far as possible while keeping the hips on the floor.

*rationale:*

To introduce mobility of the lumbar spine and hips through gentle, controlled, passive extension.



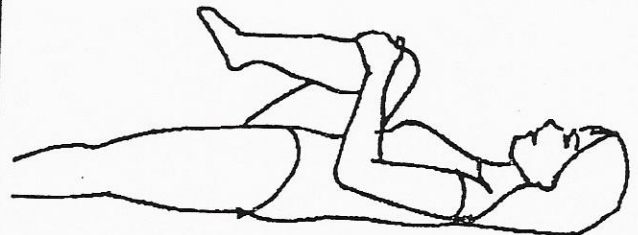
2. KNEE TO CHEST: 30 seconds each leg

*description:*

Lying on back, pull one leg up to chest, keeping the other leg flat on floor. Hold for 30 seconds, and lower leg slowly. Repeat with the other leg.

*rationale:*

To introduce mobility of the lumbar spine and pelvis through gentle, controlled, passive flexion.



**BALL EXERCISE:** 8 minutes

1. BOUNCE: 2 minutes

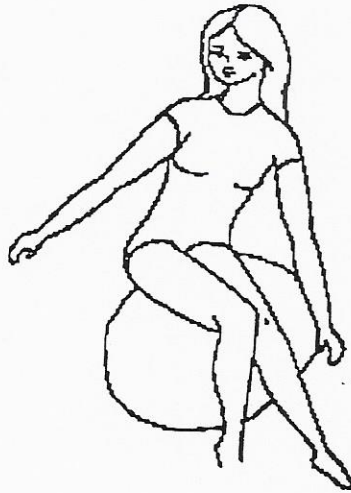
2. SIDE TO SIDE: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, arms at side. With shoulders and upper torso relatively stationary, roll hips to one side and the other on the ball, similar to hip hiking exercise on the floor.

*rationale:*

To introduce lateral vertebral gliding motions while balanced and controlling stability of the spine.



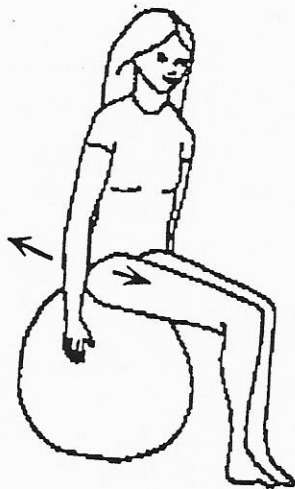
3. FORWARD AND BACKWARD: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, arms at side. With shoulders and upper torso relatively stationary, roll hips forward on ball then backward on ball, similar to pelvic tilt exercise on floor.

*rationale:*

To introduce anterior and posterior vertebral gliding motions while balanced and controlling stability of the spine.



4. CIRCLES: 2 minutes

*description:*

Sit on ball with feet comfortably out in front, arms at side. With shoulders and upper torso relatively stationary, circle hips in a clockwise fashion for 1 minute, then circle in a counterclockwise fashion for the second minute.

*rationale:*

To introduce coupled gliding motions while balanced and controlling stability of the spine.

