



Fig. 1 Back stretch on the ball.

## Back stretch on the ball

### Your starting position:

- . Have a health care professional show you how to get on the ball. Sit on a ball of proper height for you (your knees should be at the same height as your hips with your knees bent at 90 degrees)
- . Sit slightly on the front half of the ball rather than all the way on top of it
- . Place your feet apart and firmly plant them on the floor.

### The exercise:

- . Place your hands on the ball next to your hips and slowly lower your body on the ball
- . Your hips should be below your shoulders and your neck should be on top of the ball
- . If your head and neck do not sit comfortably on the ball support your neck in your clasped hands
- . If you feel your neck is well supported allow your arms to stretch outwards
- . Take a few deep breaths in and out
- . If you feel at all dizzy place your hands under your neck again being sure that your head is not extending backwards, or simply sit back up using your hands on the ball for support as you walk up to a sitting position.