

NEUROMUSCULAR REEDUCATION EXERCISES
STEP 3: SWISS BALL SEATED LEG LIFTS & STEP 4: BRIDGES

NAME _____ DATE _____

The key to these exercises is your ability to maintain balance on the ball while smoothly performing very specific movements. Speed does not substitute for balance and coordination.

NMR
STEP
3

____ Sets
 ____ Reps

SEATED LEG LIFT: Sit on the ball with knees bent 90°. **Level A:** Explore pelvic tilting. Bounce up and down, easily at first, then a bit more energetic. **Level B:** Lift one foot at a time, beginning with heel raises, and slowly perform a small march. **Level C:** Lift one leg at a time, slowly so that it is parallel with the ground. Be careful not to slouch.

LEVEL A **LEVEL B**

NMR
STEP
4

____ Sets
 ____ Reps

BRIDGES: Sit on ball. Walk out to a horizontal position, keeping your shoulders on the ball. **Level A:** Explore pelvic tilting while keeping your pelvis from dropping or rotating. If too difficult, place more of your back on the ball. **Level B:** Lift one foot at a time, beginning with heel raises, and slowly perform a small march. **Level C:** Lift one leg and the opposite arm at a time, slowly so that they are parallel to the ground.

LEVEL A **LEVEL C**