

NEUROMUSCULAR REEDUCATION EXERCISES
STEP 5: SWISS BALL CURL-UPS & STEP 6: SUPERMAN

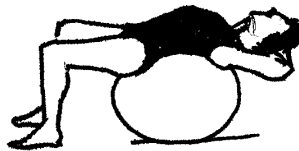
NAME _____ DATE _____

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.

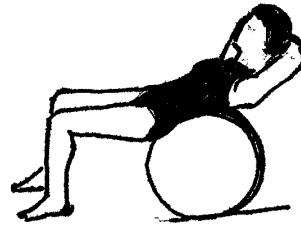
NMR
STEP
5

____ Sets
 ____ Reps

CURL-UPS: Sit on ball. Walk out to a horizontal position, keeping your shoulders on the ball. Establish a pelvic tilt. **Level A:** Curl up and reach toward your knees with your arms stretched out before you. If too difficult, place more of your back on the ball. **Level B:** Curl up with your arms folded across your chest. **Level C:** Curl up with your arms behind your head. Be careful not to strain your neck.



LEVEL C



NMR
STEP
6

____ Sets
 ____ Reps

SUPERMAN: Place the soles of your feet against the wall and your belly over the ball with your hips and knees bent at 90°. Establish a pelvic tilt. Keep your chin tucked in. **Level A:** Slowly push off the wall and align your trunk and legs in a straight line. Roll back. **Level B:** Perform Level A, and reach your arms in front of your body as though you were flying through the air like Superman. **Level C:** Perform Level B and add a swimming motion with alternating arm reaches overhead.



LEVEL A



LEVEL B