

# DOMAIN MIND BODY

## SmartBall Mobilising Exercises (M1 – M3)

These exercises are a great warm up for more advanced SmartBall exercises or other physical activity. They will also help to reduce or control pain. Perform several slow repetitions of each exercise in each direction or as comfort allows.

### M1 – Sitting Mobilisation

Sit on top of the Ball with your feet shoulder width apart. Gently roll the Ball forwards and backwards, then side to side, just by moving your pelvis. Now try circles. Try to gradually increase the size of these movements while keeping control of the Ball.



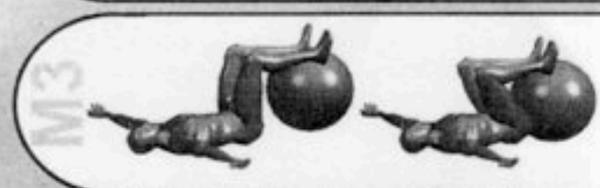
### M2 – Leg Rolls

Lie on your back with your arms spread out and rest your legs comfortably on the SmartBall so the Ball is up against the back of your thighs. Now roll the Ball slowly from side to side, allowing your hips to roll, feeling the gentle movement in your lower back.



### M3 – Hip Bends

Lie on your back with your arms spread out and rest your legs comfortably on the SmartBall so there is a gap between the Ball and the back of your thighs. Now roll the Ball slowly back and forth, feeling the gentle movement in your lower back.

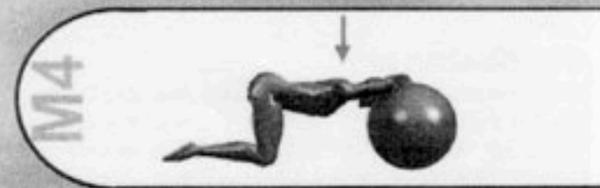


## SmartBall Stretching Exercises (M4 – M7)

These exercises will improve your flexibility and help to restore muscle balance. They will help to relieve the pain of tight muscles and stiff joints. Hold each stretch for 15 seconds to begin with. As you become accustomed to the positions, you may wish to maintain the stretches for up to one minute.

### M4 – Chest Drop

Kneel in front of the SmartBall and rest your hands on top of it. Roll the Ball forwards and rest your forehead on it by lowering your upper body. Keep your hips above or behind your knees. Gently lower your chest towards the ground, stretching your upper back. You can also try to draw small circles with the Ball.



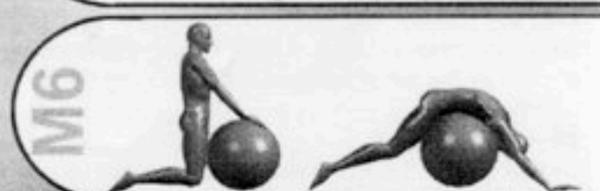
### M5 – Side Stretch

Begin in a split kneel position on your right knee and left foot. Bring the SmartBall to the side of your right thigh, then lower the right side of your body over the Ball. Place your right hand on the ground for balance. To increase the stretch, reach your left hand overhead, or push with your left foot and roll further over the Ball. Keep your feet wide apart. Don't forget to stretch both sides.



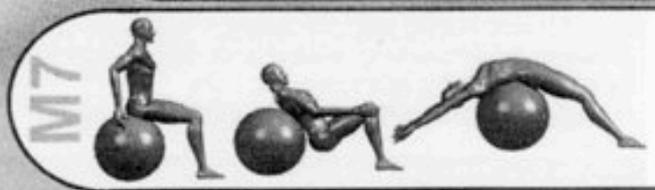
### M6 – Prone Slump

Kneeling in front of the SmartBall, bring the Ball to your thighs, then lower your body over the Ball, placing your hands on the ground. Rest your chin on the Ball and relax, feeling the stretch in your back. To increase the stretch, push through your toes and roll further over the Ball, taking your knees off the ground.



### M7 – Back Drape

1. Begin sitting on the SmartBall. 2. Slowly walk your feet forwards so that your buttocks roll down the front of the Ball. 3. Keeping your feet wide apart, lie back over the Ball. Relax backwards, resting your head on the Ball if comfortable. To increase the stretch, roll back further and reach your arms backwards over your head.



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## SmartBall/ Stabilising Exercises (S1-S6)

These exercises will assist the long-term health of your spine by improving the strength and control of the surrounding muscles. Each exercise should be held for 10 seconds and repeated 10 times. However, if you are unable to maintain good posture you must stop and rest. During each exercise it is important to draw in your lower stomach as this helps to activate the key stabilising muscles around your spine.

### S1 – Ball Bridge

Start lying back over the SmartBall with your hips free of the Ball. Gently lift your hips while clenching your buttocks, so that your shoulders, hips and knees are level. Hold, then lower slowly. To increase difficulty, increase the duration or number of repetitions, or bring your feet closer together.



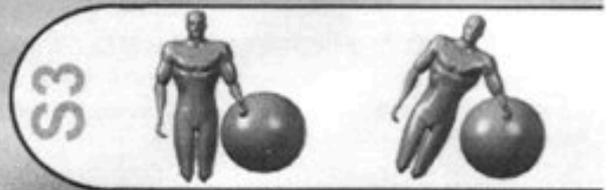
### S2 – Floor Bridge

Lie on your back with your arms spread out and rest your legs comfortably on the SmartBall so that your knees are slightly bent. Flatten your back against the ground, clench your buttocks, then lift your hips off the ground. Continue to lift until your body is in a straight line through your hips. Hold, then lower slowly. This exercise is easiest with your arms spread out. You can increase the difficulty by bending your elbows, or crossing your arms across your chest.



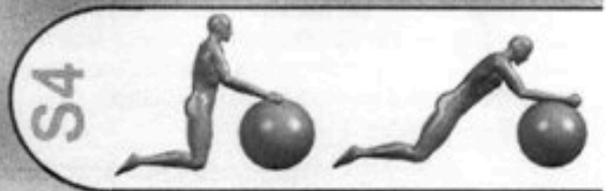
### S3 – Leaning Tower

Kneel with the SmartBall to your left and place your left forearm on the top of the Ball, hand pointing forwards. Lean your torso and roll the Ball to the left by lifting your right knee off the ground, but **DO NOT ALLOW YOUR BODY TO BEND**. Hold, then return slowly. Rolling the Ball further away will increase the difficulty. Don't forget to do both sides.



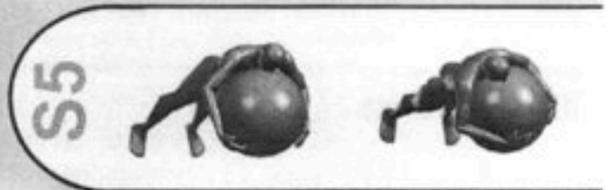
### S4 – Wheelbarrow

Begin kneeling in front of your SmartBall. Rest your hands on the top of the Ball, then lean and roll the Ball forwards so that your forearms rest on the Ball. Allow your hips to pass forward of your knees but **DO NOT LET YOUR BACK ARCH**. Hold, then return slowly. This exercise can be made more difficult by rolling the Ball further forwards.



### S5 – Hug & Roll

From kneeling, lay your chest down over the SmartBall. Push through your toes so that your knees lift off the ground. Now take your hands off the ground and 'hug' the Ball. Make sure your feet are placed wide apart and roll the Ball gently from side to side. Progress this exercise by bringing your feet closer together or rolling the Ball further from side to side.



### S6 – Aeroplane

Lie back over the Ball and lift your hips by clenching your buttocks. Spread your arms out wide like wings. Gently roll the Ball from left to right, keeping your body straight, with your hips lifted. To increase the difficulty bring your feet closer together or increase the extent of your left to right movement. **ALWAYS KEEP YOUR HIPS ELEVATED AND BODY STRAIGHT.**



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