

# MUHLENBERG COLLEGE ATHLETIC TRAINING



## BACK STABILIZATION PROGRAM

**“Back School”**

May 2010

<b>WARMUP</b>			
<b>Exercise</b>	<b>Ball Position</b>	<b>Motion</b>	<b>Comments</b>
Pelvic Rock	Seated Upright on the Ball	Back and Forth; Side to Side; Figure of Eights	Tight Abs
Reaching Bends	Reach leg to the side and seated slightly forward on the ball	Side Step Out and Reach	Good Posture
Groin Stretch	Reach leg to the side and seated slightly forward on the ball	Step Out	Rock Forward
Abdominal Stretch	Supine on the Ball	Lean Back and Over the Ball	
Neutral Rollouts	Neck / Shoulders on the ball	Hands above eyes /Arms Straight; Rotate to the Right and then Left	Tight Abs
Lumbar Rollovers	90/90 Position	Roll and Pause	
Squats	Standing holding ball	Raise Ball above head then lower while performing a squat	Stretch at Bottom /Feet Flat
Torsion Rotation	Ball At Different Angles	Hold ball in front with arm extended; May add diagonal rotation	Slow Turns

# Pelvic Rock

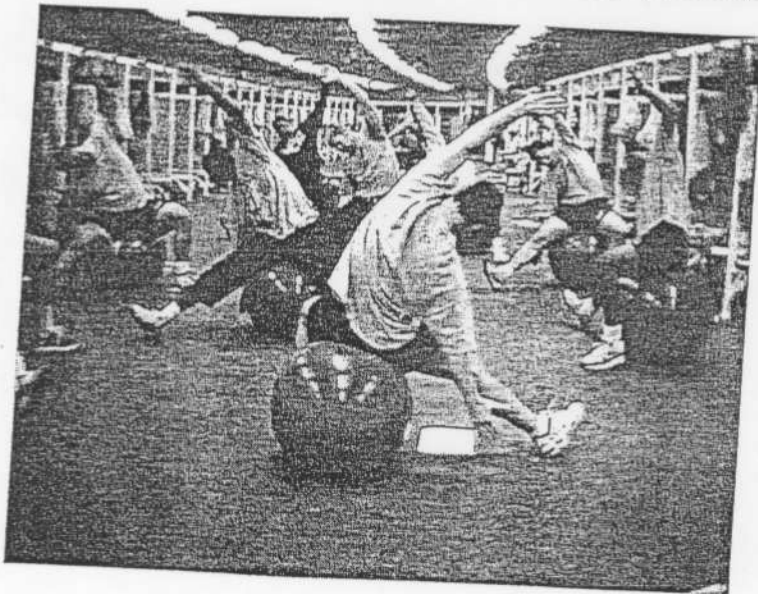
WARMUP		
Exercise	Ball Position	Motion
Pelvic Rock	Seated Upright on the Ball	Back and Forth; Side to Side; Figure of Eights



# REACHING BENDS

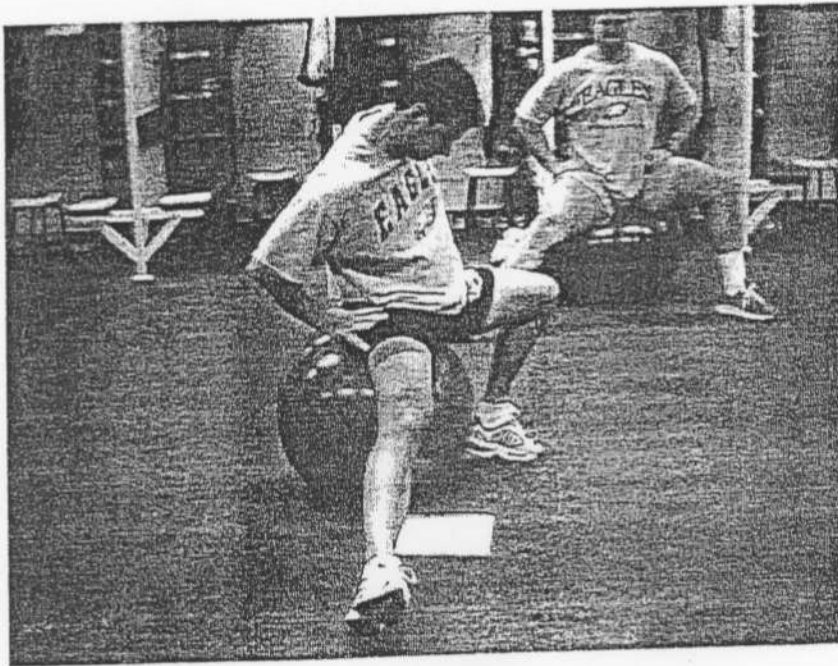
WARMUP		
Exercise	Ball Position	Motion

Reaching Bends	Reach leg to the side and seated slightly forward on the ball	Side Step Out and Reach
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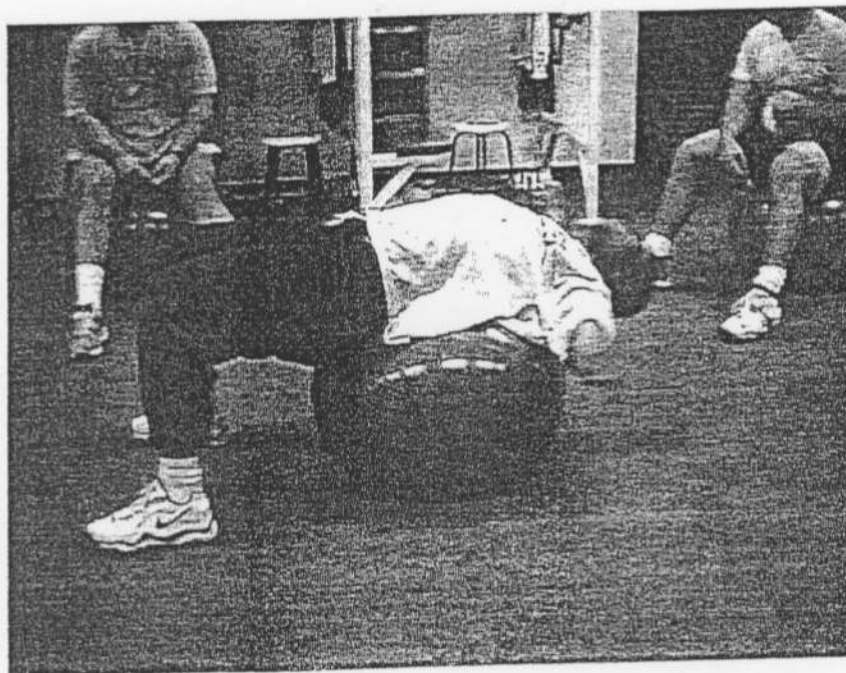
# GROIN STRETCH

WARMUP		
Exercise	Ball Position	Motion
Groin Stretch	Reach leg to the side and seated slightly forward on the ball	Step Out



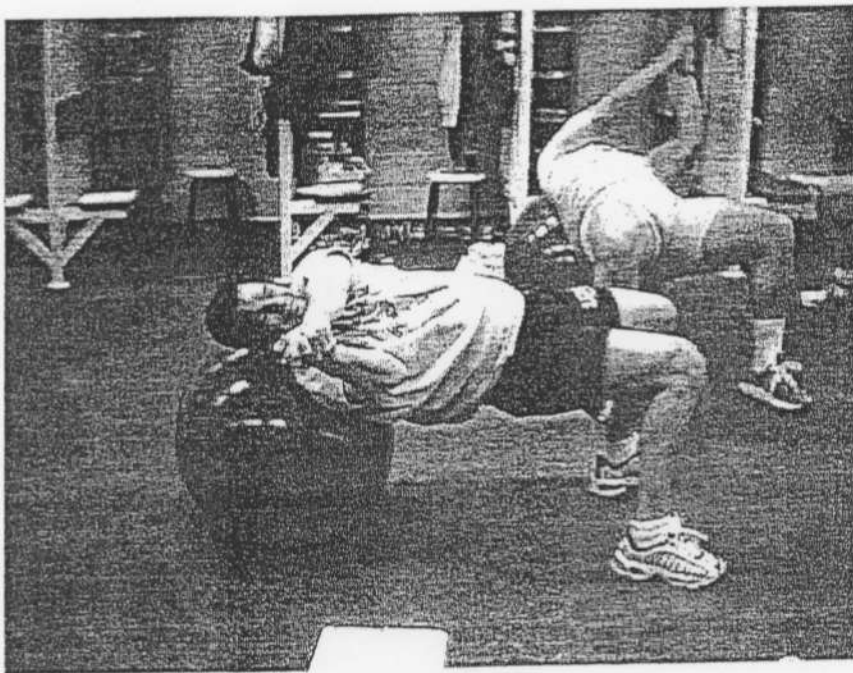
# ABDOMINAL STRETCH

WARMUP		
Exercise	Ball Position	Motion
Abdominal Stretch	Supine on the Ball	Lean Back and Over the Ball



# NEUTRAL ROLLOUTS

WARMUP		
Exercise	Ball Position	Motion
Neutral Rollouts	Neck / Shoulders on the ball	Hands above eyes / Arms Straight; Rotate to the Right and then Left

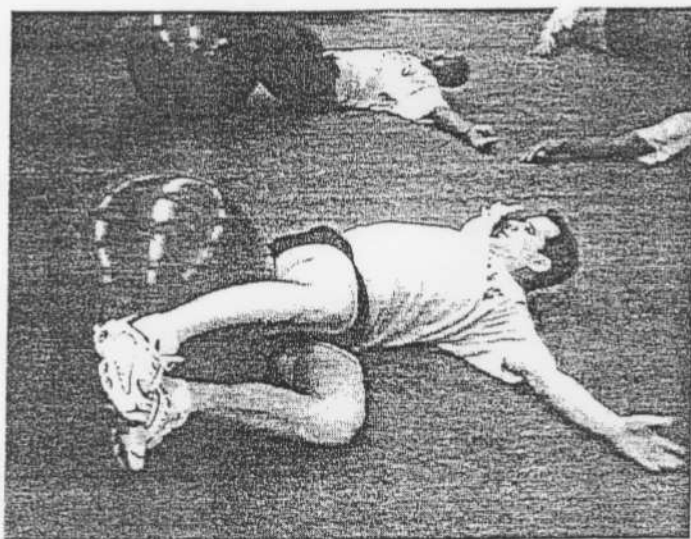




# LUMBAR ROLLOVERS

WARMUP		
Exercise	Ball Position	Motion

Lumbar Rollovers	90/90 Position	Roll and Pause
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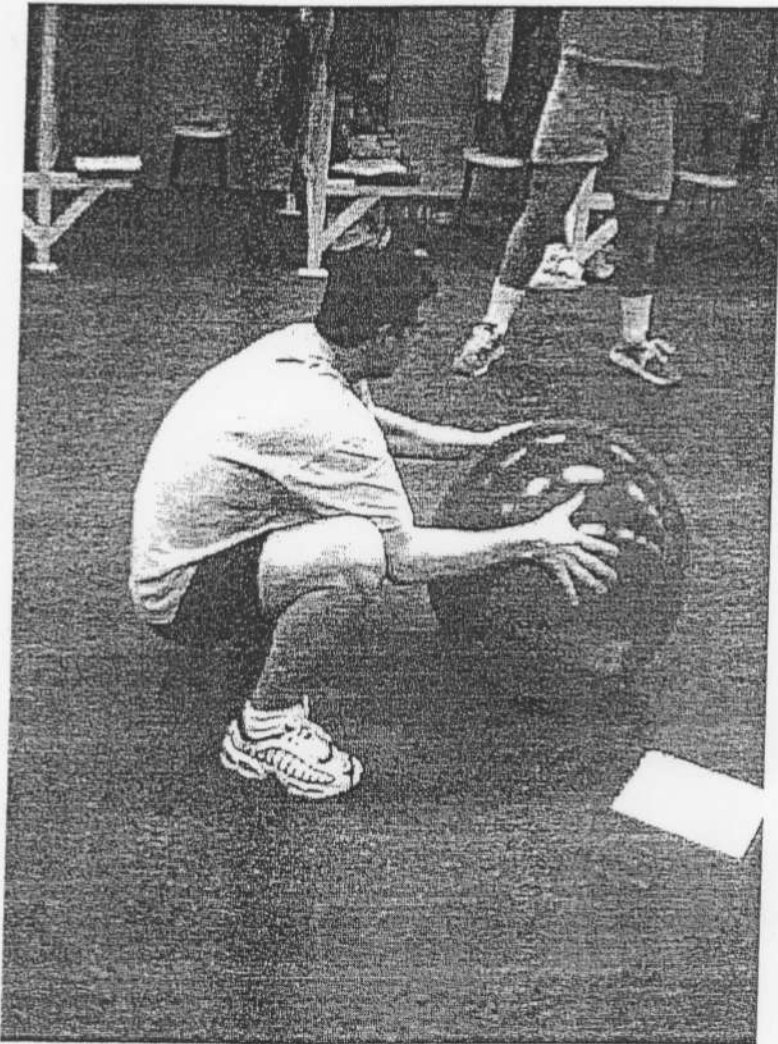




# SQUATS

WARMUP		
Exercise	Ball Position	Motion

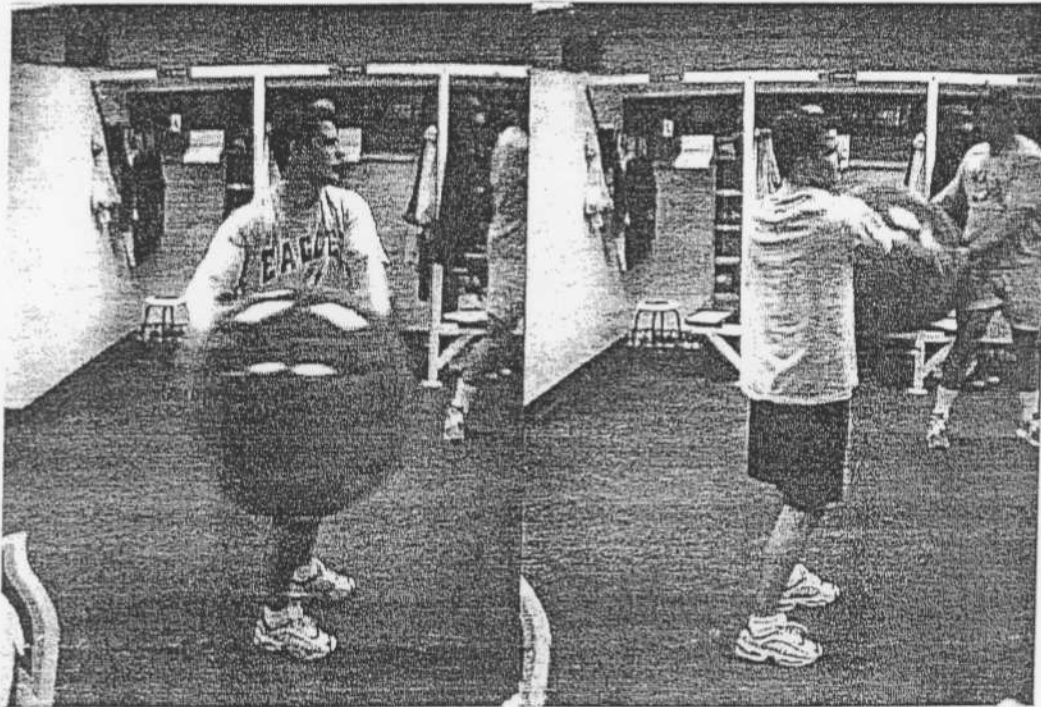
Squats	Standing holding ball	Raise Ball above head then lower while performing a squat
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# TORSION ROTATION

WARMUP		
Exercise	Ball Position	Motion

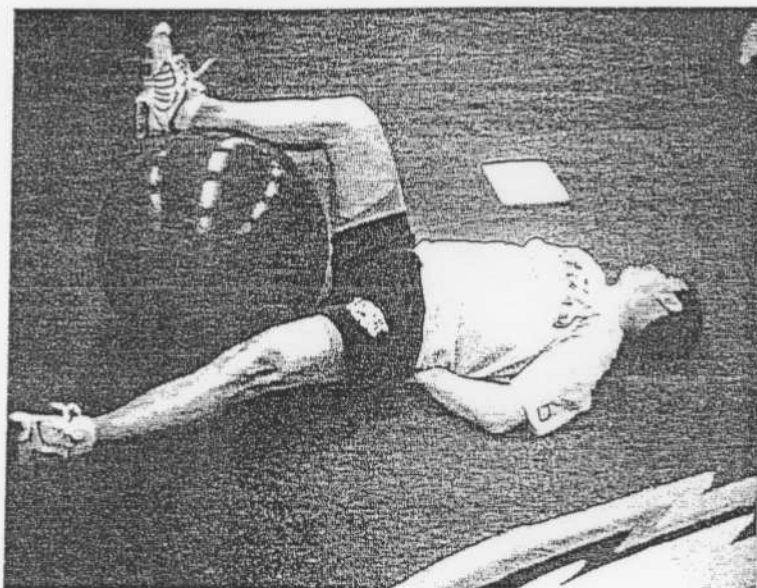
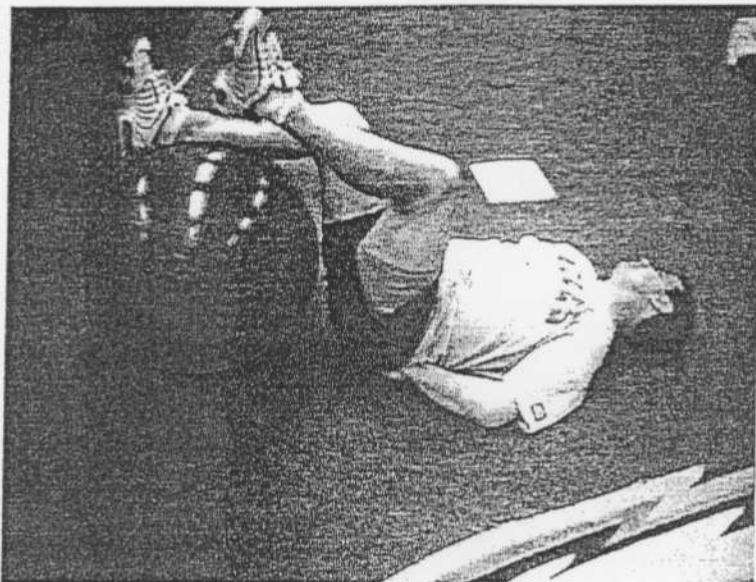
Torsion Rotation	Ball At Different Angles	Hold ball in front with arm extended; May add diagonal rotation
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<b>WORKOUT</b>			
<b>Exercise</b>	<b>Ball Position</b>	<b>Motion</b>	<b>Comments</b>
Pelvic Tilt	90/90 ; Hands Under Back	Up, Ext, Lower, Raise, Flex	
Supine 2 Legged Bridge -	Calves on Ball; Control Raise; Straight Line	Lift and Lower	Arms Out to the side; Bring arm to side to increase difficulty
Bent Leg Hip Extension	Prone over ball; Bent knee	Extend Hip / Leg and lower; One leg at a time; alternate legs	Hands on Ground
Seated Posture Trainer	Seated Single leg	Lift leg up and extension; Hip flexion; knee extension and lower	tight abs
Supine Hip Extension	Head and Neck On Ball	Raise up and down; Lift and Lower Hips	Good body Lines
Crunches	Supine on Ball; Ball under hips/ Lumbar Spine	Perform Forward Crunch	Hands on Chest
Oblique Crunches	Supine on Ball	Perform Oblique Crunches	Hands on Chest
Back Extensions	Prone on Ball; Feet wide	Extend / Lift Upper body and then lower	Hands in Empty Can Position; Arm out in IR position
Alt Supermans	Supine on Ball; Four Points of Contact	Extend Arms with opposite Leg extension	Opposite hand; Opposite leg and Opposite Hand
Supine Lateral Rolls	Neck and Shoulders on the ball; Bench position	Roll Out to Elbows and return	The further out; the more difficulty

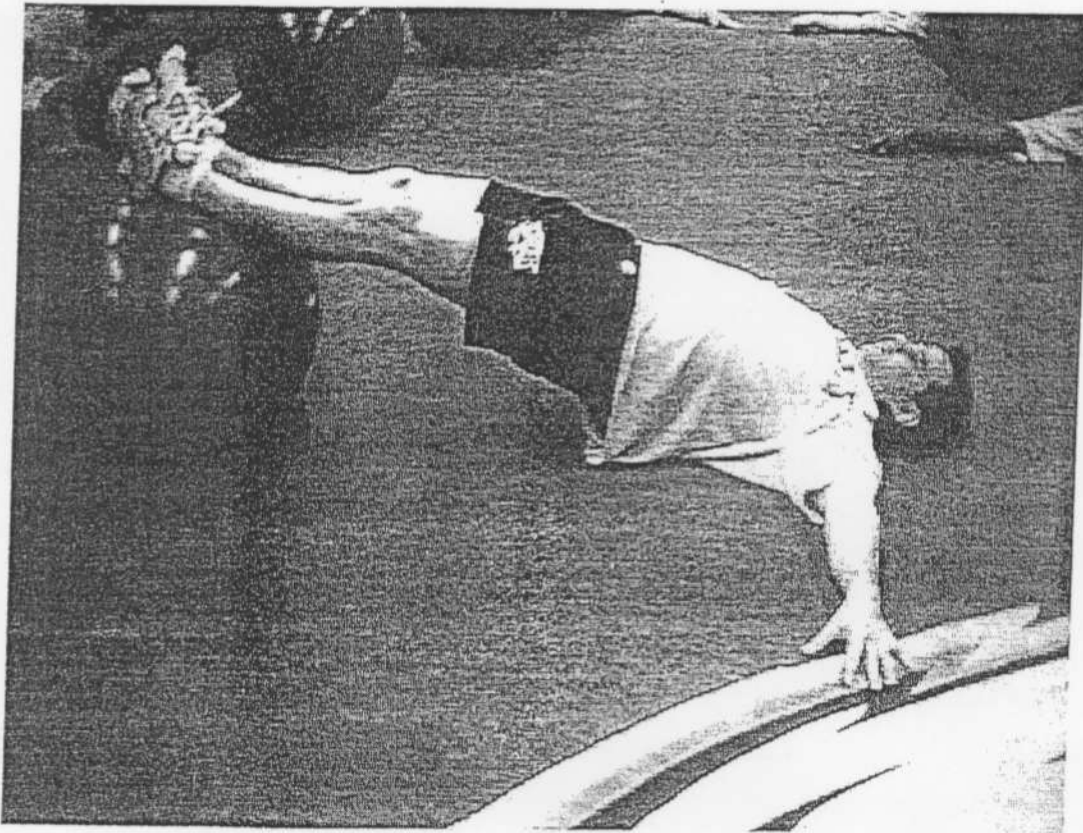
# PELVIC TILT

WORKOUT			
Exercise	Ball Position	Motion	Comments
Pelvic Tilt	90/90 ; Hands Under Back	Up, Ext, Lower, Raise, Flex	



## SUPINE 2 LEGGED BRIDGE

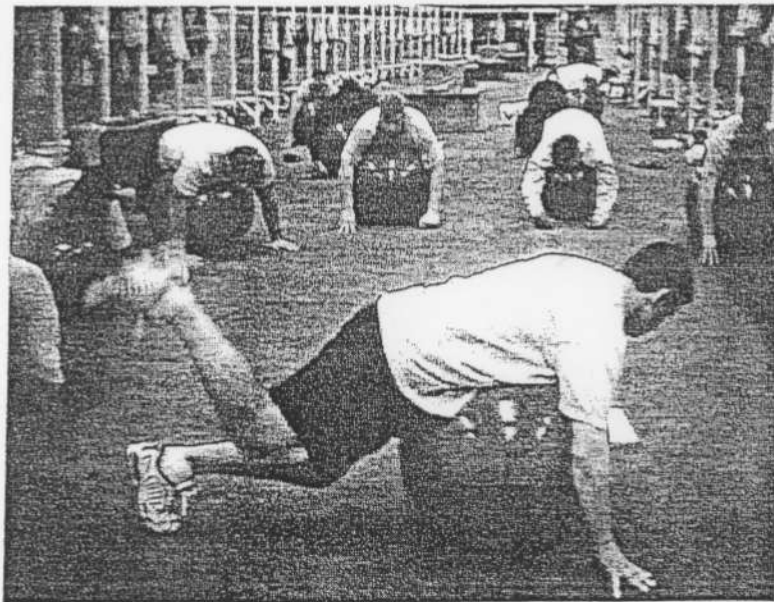
WORKOUT			
Exercise	Ball Position	Motion	Comments
Supine 2 Legged Bridge	Calves on Ball; Control Raise; Straight Line	Lift and Lower	Arms Out to the side; Bring arm to side to increase difficulty





# BENT LEG HIP EXTENSION

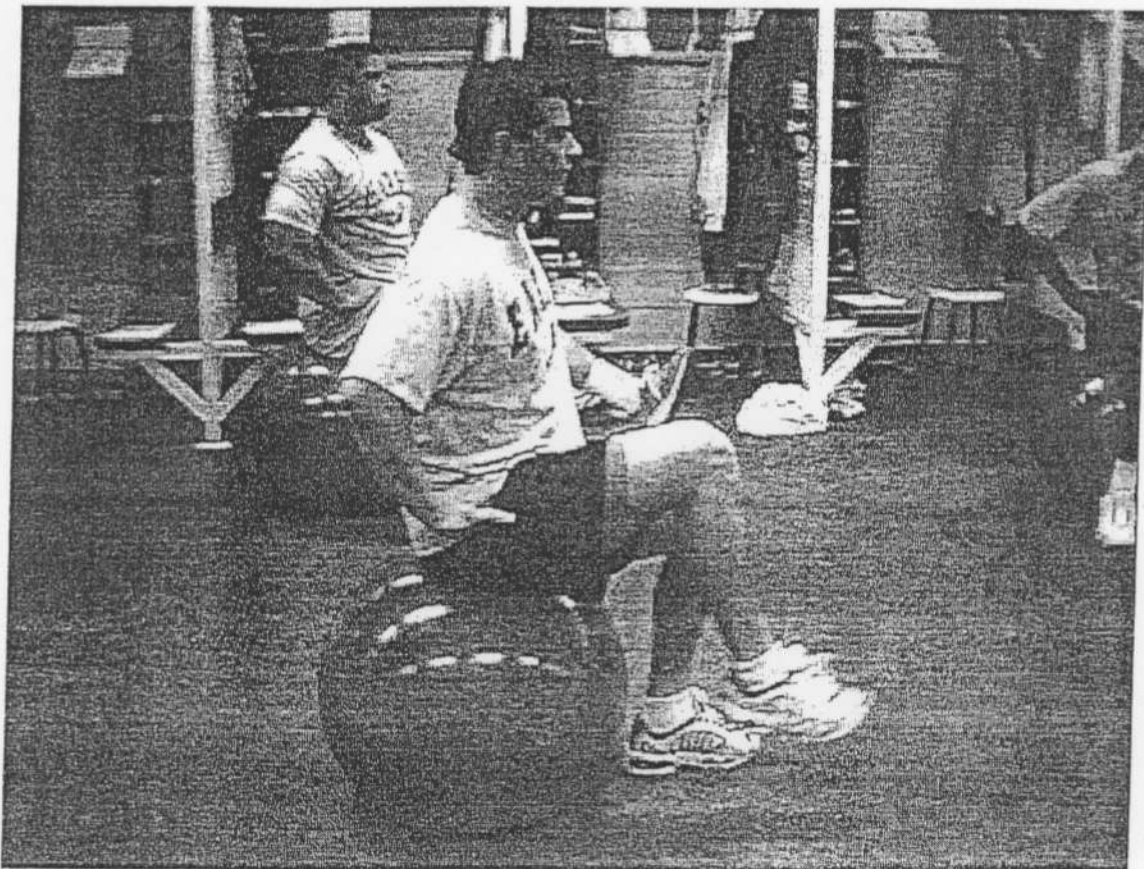
WORKOUT			
Exercise	Ball Position	Motion	Comments
Bent Leg Hip Extension	Prone over ball; Bent knee	Extend Hip / Leg and lower; One leg at a time; alternate legs	Hands on Ground





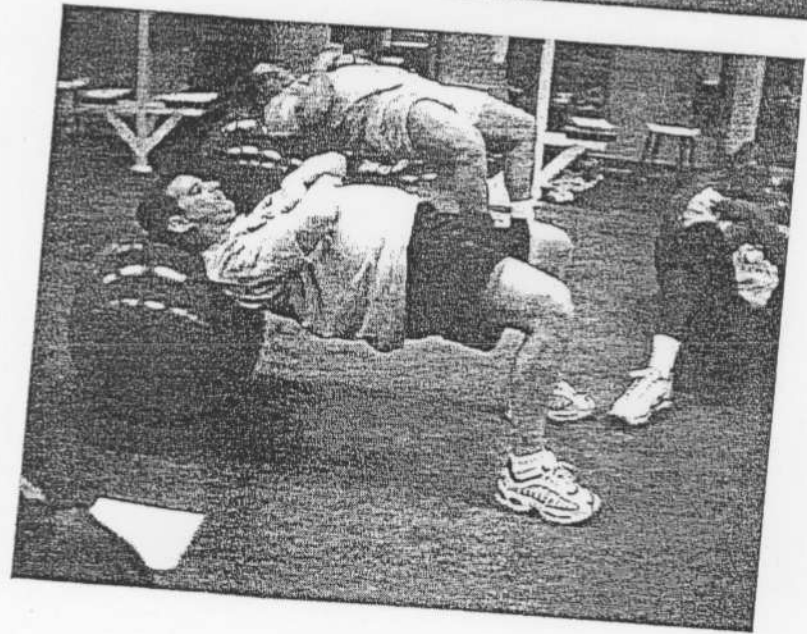
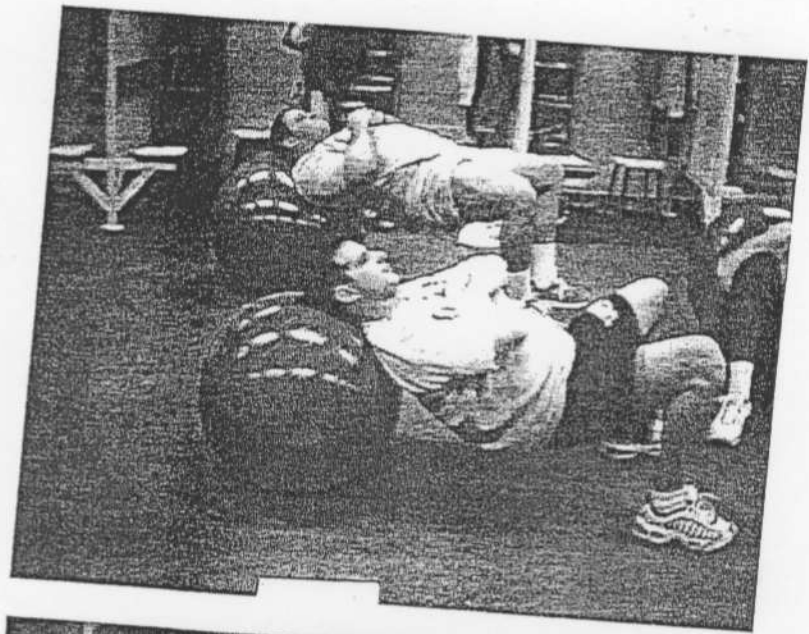
# SEATED POSTURE TRAINER

WORKOUT			
Exercise	Ball Position	Motion	Comments
Seated Posture Trainer	Seated Single leg	Lift leg up and extension; Hip flexion; knee extension and lower	tight abs



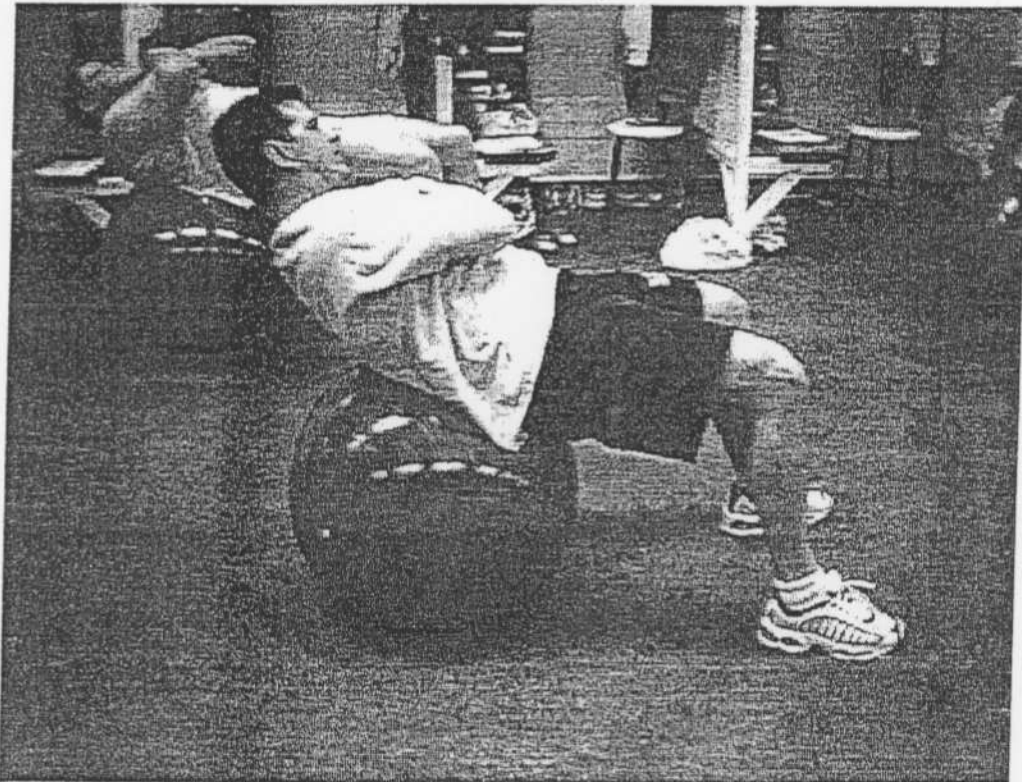
# SUPINE HIP EXTENSION

WORKOUT			
Exercise	Ball Position	Motion	Comments
Supine Hip Extension	Head and Neck On Ball	Raise up and down; Lift and Lower Hips	Good body Lines



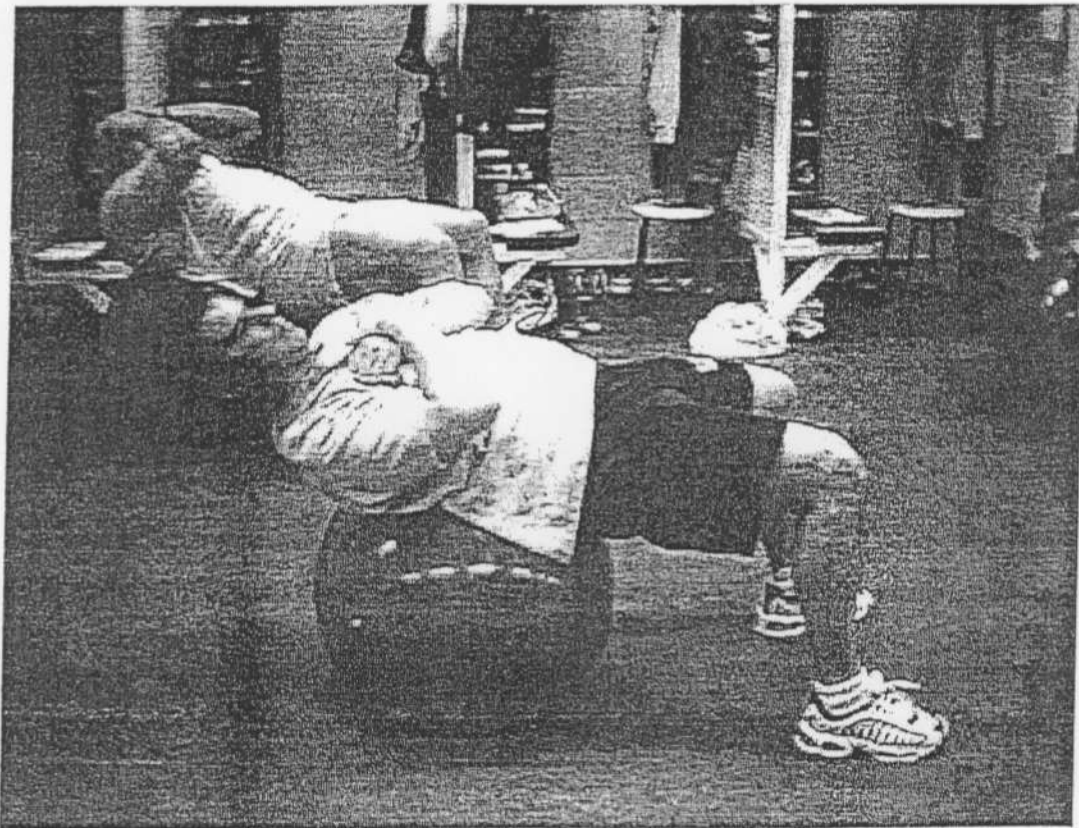
# CRUNCHES

WORKOUT			
Exercise	Ball Position	Motion	Comments
Crunches	Supine on Ball; Ball under hips/ Lumbar Spine	Perform Forward Crunch	Hands on Chest



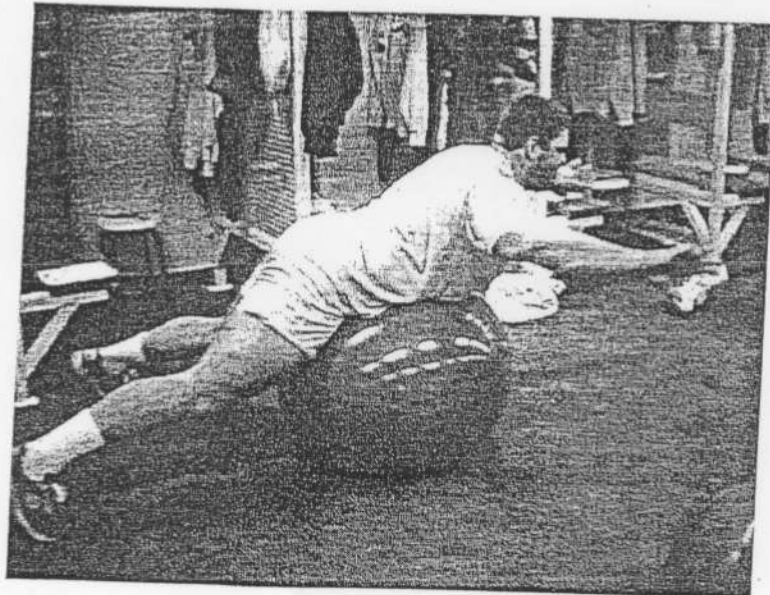
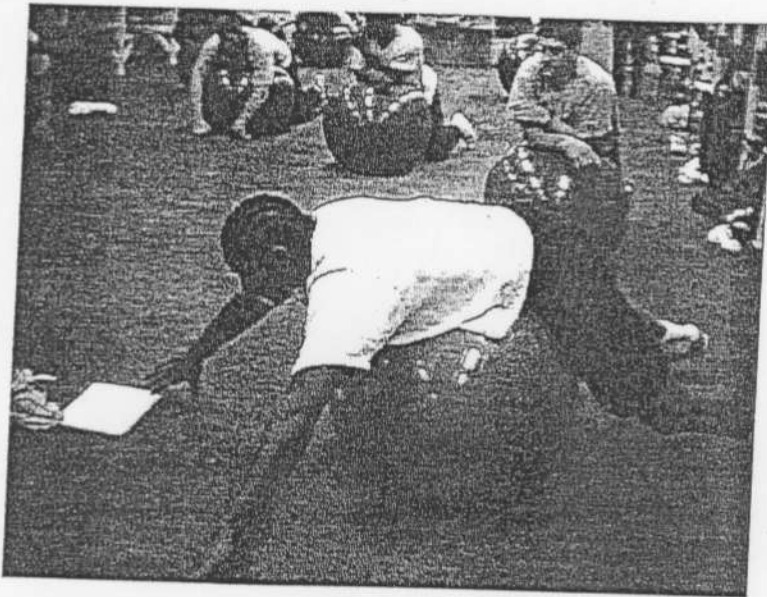
# OBLIQUE CRUNCHES

WORKOUT			
Exercise	Ball Position	Motion	Comments
Oblique Crunches	Supine on Ball	Perform Oblique Crunches	Hands on Chest



# BACK EXTENSIONS

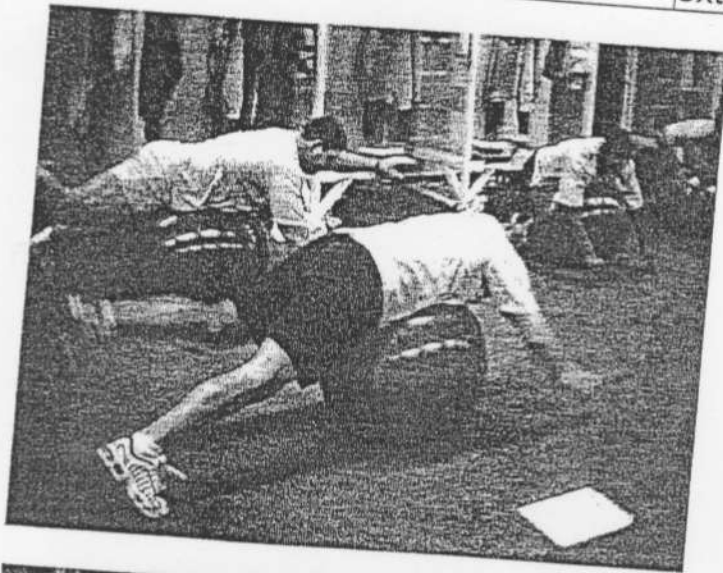
WORKOUT			
Exercise	Ball Position	Motion	Comments
Back Extensions	Prone on Ball; Feet wide	Extend / Lift Upper body and then lower	Hands in Empty Can Position; Arm out in IR position





# ALTERNATING SUPERMANS

WORKOUT			
Exercise	Ball Position	Motion	Comments
Alt Supermans	Supine on Ball; Four Points of Contact	Extend Arms with opposite Leg extension	Opposite hand; Opposite leg and Opposite Hand





# SUPINE LATERAL ROLLS

WORKOUT			
Exercise	Ball Position	Motion	Comments
Supine Lateral Rolls	Neck and Shoulders on the ball; Bench position	Roll Out to Elbows and return	The further out; the more difficulty

