



EXERCISE BALL - PRONE Y - THUMBS UP

Lie face down over an exercise ball with your elbows straight and arms out in front of your body as shown. The shoulder should be approximately 120 degrees abducted.

Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

Video # XVSS786V2

Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



EXERCISE BALL - PRONE T - THUMBS UP

Lie face down over an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

Video # XVLNR9BBB

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



EXERCISE BALL - PRONE W - ER

Lie face down over an exercise ball with your elbows bent. Slowly raise your arms upward as you retract your shoulder blades and then return to original position. Your palms should be directed downward the entire time.

Video # XV3NQMA6K

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



EXERCISE BALL - PRONE EXTENSION

Lie face down over an exercise ball with your elbows straight and along the side of your body as shown. Next, slowly raise your arms upward along your side and then return to original position.

Video # XVAUVHN8B

Repeat	10 Times
Complete	2 Sets
Perform	3 Times a Week