

3



CRUNCHES

Sit with back supported on ball. Curl up towards knees. Slowly lower down to starting position. Repeat. **3 Sets of 10 reps.**

4



STATIC BRIDGE

Lie with shoulders on ball. Feet shoulder width apart. Lift buttocks up until parallel to floor. Briefly hold bridge position. Relax, and repeat. **3 Sets of 10 reps.**



Ryan Schell, D.C.

Dr. Ryan graduated from Cleveland Chiropractic college cum laude with a Doctorate of Chiropractic and a Bachelors of Human Biology. He completed his clinical training with two well known rehabilitation clinics. Advanced Medical and Diagnostics Center in Lake Charles, LA and Performance Plus Rehabilitation Center in St. Joseph, MO.

Ryan was one of the head Physicians of the semi-professional baseball team the St. Joseph Blacksnakes. He has advanced training in whiplash, spinal trauma, clinical nutrition, postural and exercise rehabilitation, sports training and therapy.



Tyler Schell, D.C.

Dr. Tyler graduated from Cleveland Chiropractic college with a Doctorate of Chiropractic and a Bachelors of Human Biology. After completing his clinical training he spent time in Scottsdale, Az. working with the team physician of the Arizona Diamondbacks. Dr. Tyler is certified in Active Release Technique, with a strong athletic background.

He has advanced training in whiplash, spinal trauma, clinical nutrition, postural and exercise rehabilitation, sports training and therapy. He enjoys maintaining an active lifestyle and seeks to motivate his patients to do the same.



Core Exercises

To Prevent Low Back Pain

Our goal at Spine and Sport Rehabilitation is to provide each patient with a **quality health care** environment utilizing conservative diversified chiropractic, Active Release Technique (ART), physical medicine/rehabilitation, stretching and nutrition. Each patient can expect a highly personalized approach to **wellness** which starts with a thorough musculoskeletal evaluation from which to build a **pro-active treatment** plan. We specialize in both Full Spinal Care and Extremities, Sports Chiropractic, Repetitive Stress Injuries, Exercise and Fitness, and Posture Training.



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1



MARCHING

Sit on ball, hips and knees at 90°, arms at sides. Lift one foot off the ground about 5". Hold for 1 second, lower back down. Repeat with other leg. Maintain proper low back posture. **3 Sets of 20 reps.**

2



MARCHING WITH ALTERNATE ARMS

Sit on ball, hips and knees at 90°. Lift up left leg and right arm as shown. Hold for 1 second, lower back down. Repeat with right leg and left arm. **3 Sets of 20 reps.**

5



BILATERAL BRIDGE ON BALL

Lie on back with knees bent over ball. Lift buttocks off floor. Return to start position. Maintain neutral spine. **3 Sets of 10-20 reps.**



6



BIRD DOG

Lie with hips over ball. Extend right leg while lifting the left arm. Hold 2-3 seconds. Return to starting position. Repeat with left leg and right arm. **3 Sets of 20 reps.**



7



STRETCH 1

(Above) Lie on your back. Bring one knee to your chest, hold stretch for 30 sec., rest for 10 sec., then repeat. (Below) Same starting position as above, bring knee to opposite side. Keep shoulders on the floor. Hold stretch for 30 sec. rest for 10 sec. then repeat. **3 sets each leg.**



8



STRETCH 2 & 3

(#2) Left leg forward, right leg back, torso upright. Hold this position for 30 sec., rest for 10 sec., then repeat. **3 sets each leg.** (#3) Right foot on the ball. Reach for the toes, hold for 30 sec., rest for 10 sec. then repeat. **3 sets each leg.**

