

## The Wellness Practice™ Spinal Hygiene Exercises

- Work up to 3 sets for 10 repetitions for each exercise each workout
- Where indicated hold positions for as long as possible up to 1 minute

### Wobble Board/1/2 Swiss Ball/Mini Tramp Routine (Proprioception, Agility)

These exercises are very straight forward. If required these exercises can be done next to a chair or counter to hang onto for support. Regardless of what level of exercises being performed the entire routine should not take more than 3 - 5 minutes. The difficulty progression is as follows:

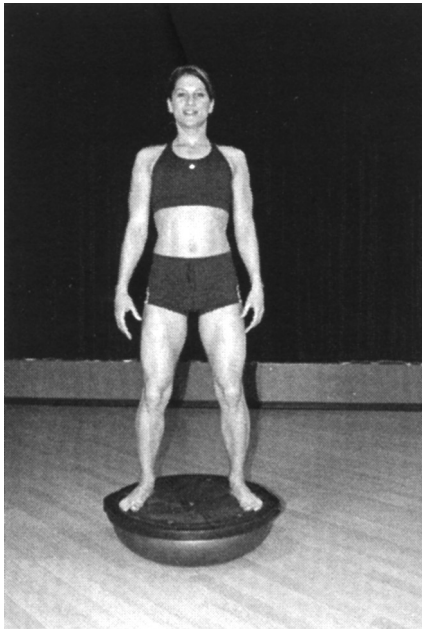
- Standing on two feet
- Standing on toes of both feet
- Jumping on two feet
- Squatting down on two feet
- Standing on one foot
- Standing on toes of one foot
- Jumping on one foot
- Squatting down on one foot

As these exercises are very straight forward only one exercise example is included.

### 1/2 Swiss Ball Two Footed Squats

Stand on ball with feet shoulder width apart. Slowly squat down keeping your knees directly above your feet. As you bend raise your arms straight out in front for balance. Squat down as far as possible then come back to finish position and repeat. Keep spine in a straight posture (i.e. bend at the hips and knees not in the spine). Inhale on the way down and exhale on the way up.

**Start**



**Finish**

