

Erbst OrthoSport



SKYDIVER

Lie with abdomen centered on appropriately sized Swiss Ball. Gently engage abdominals by sucking belly button toward spine. While keeping low back flattened, NOT ARCHED, slowly lift arms and legs so that nothing is in contact with the ground. Attempt to hold this position for at least 10 seconds. Be sure to also maintain good neck alignment- don't allow head to drop toward floor-tuck chin slightly. Tip: Make small adjustments with arms and legs-don't jerk. Goal is 30 seconds. Good luck!

***Erbst OrthoSport Physical Therapy
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