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### **Back Stretches Using Therapy Ball**

1. **Backward Stretch:** Begin by sitting on the therapy ball. Slowly walk your feet forward while lying backward over therapy ball.  
Stretch arms over your head for a full trunk extension.  
You can vary and modify this stretch as follows:  
To make it less of a stretch you could use a larger ball, place a pillow under the head, or keep arms flexed at chest.  
To make it a greater stretch you could use a smaller ball, place small weights on the arms/legs, and reach out further with the arms/legs.  
Hold for 90-120 sec.
2. **Sideward Stretch:** Begin by half-kneeling next to ball. Lean your trunk sideways over the ball and walk your legs out to the side. (Keep legs scissored apart for stability.) Lie sideways over the ball stretching your upper side. Experiment with varying degrees of rotation and reaching to find the maximal stretch, and then hold for 90-120 sec.  
You can intensify the stretch by using small weights at wrists.
3. **Forward Stretch:** Lie forward over the ball. You can provide yourself with some low back traction if you use a large ball and “hang” your legs down toward the ground. Vary the amount of stretch by experimenting with how far your head is down toward the ground.  
Hold for 90-120 sec.