

Chair or Wall Ball Squats



-With a chair, slowly squat down into a seated position keeping spine neutral and not rounded or extended. Allowing yourself to sit through your hips and not move through your low back. When returning to a stand, lean whole torso forward and push your hands onto your thighs to stand upright.

-With a physio/yoga- ball, place it behind your low back against a wall. Walk feet outward so you are leaned backwards and then squat down against the ball, so your thighs are close to parallel to the ground.

utilize a chair or wall for balance so you do not fall over and make sure to keep the knees in line with your feet and limit the distance your knees travel over your toes



In Motion Spine & Joint Center

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