

# Oov Exercise Sheet

## Disc/Posterior Tilt



### Breathing

While relaxing on the Oov, breath in deeply into your belly. You can place hands on your stomach to feel your stomach move. Slowly inhale through the nose and exhale in a slow controlled breath.

No. of Reps: \_\_\_\_\_

No. of Mins: \_\_\_\_\_



### Pelvic Tilt

Lie in a relaxed position on the Oov. Gently push your sacrum down into the Oov and hold for 3 secs. Slowly move your pelvis back to its resting position.

No. of Reps: \_\_\_\_\_

No. of Mins: \_\_\_\_\_



### Heel Slide

Support your self on the Oov with your elbows and relax your shoulders. Slowly, slide the heel of one foot along the ground in a slow and controlled manner, ensuring that your pelvis stays still at all times. Once the leg is totally extended, slowly slide the heel back.

No. of Reps: Left \_\_\_\_\_ Right \_\_\_\_\_

No. of Mins: Left \_\_\_\_\_ Right \_\_\_\_\_

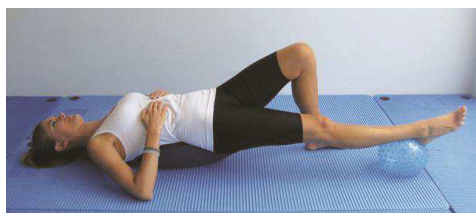


### Heel Lift

Support yourself on the Oov with your elbows and relax your shoulders. In a slow and controlled movement, lift your heel up off the ground with your toes touching the ground. Hold for 3 secs. Slowly lower your heel.

No. of Reps: Left \_\_\_\_\_ Right \_\_\_\_\_

No. of Mins: Left \_\_\_\_\_ Right \_\_\_\_\_



### Ball Slides

Use your elbows to support yourself and place a soft inflatable ball under one foot. Slowly, without moving your pelvis or other leg, roll the ball away until your leg is straight. Hold for 3 sec, and then slowly roll the ball back .

No. of Reps: Left \_\_\_\_\_ Right \_\_\_\_\_

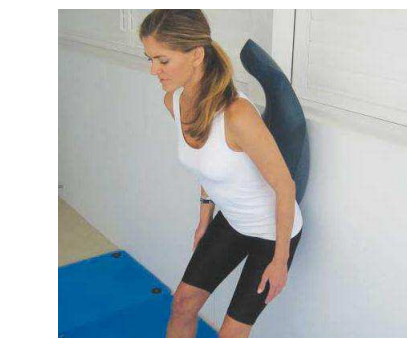
No. of Mins: Left \_\_\_\_\_ Right \_\_\_\_\_



### Adductor Stretch

Support yourself on the Oov with your elbows and relax your shoulders. Place the soles of the feet together and let the knees fall apart and breathe into your belly.

No. of Mins: \_\_\_\_\_



### Oov Standing Squat

Stand against a wall, with the Oov supporting your spine. Put most of your weight onto your heels. Push your sacrum back toward the wall, tilting your pelvis, and move your body forward. Keep pushing your sacrum into the Oov and hold for 3 secs. Slowly move back so your whole spine is against the Oov. Rest

No. of Reps: \_\_\_\_\_

No. of Mins: \_\_\_\_\_

