



# Bayswater Neuromuscular Centre

## **Initial Movements**

Kneeling ball squeezes

Elbow touches

Lateral arm raises

Static exercise ( downward dog on step)

Cats and dogs

Floor twist

Heel drop

Static sit-up

## **Ball exercise**

Supine ball rollout and back to seated position

Hamstring curl with ball

Superman on ball

Supine broom stick lateral movements