

# Yoga Ball Jackknife

**Step 1:** Move to the start position by placing your shins and the tops of your sneakers onto the top of a yoga ball. Put your palms on the floor directly under your shoulders. Extend your arms, so your elbows are locked. Tighten your Core, Quads, Butt and pull your shoulders back and down. Your body should now form a straight line from your head to your heels.



You are now in the starting position.

**Step 2:** Exhale and pull your knees in toward your chest. Bring them as close to your chest as you can (make sure to keep your feet on the yoga ball the entire time). Pause and hold this position for one to two seconds.



**Step 3:** Inhale and reverse the movement by extending your legs until they are back at the starting position.

Congratulations you have now completed one repetition. Complete 3 sets of 10.

## **Expanding Hours!**

We are now **Open every other Saturday** from 9:00am-Noon.

**Open September 18, October 2, 16 & 30**

In keeping with our COVID-19 safety practices, we will be seeing patients **by appointment only**, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

**We are currently back to seeing routine and maintenance patients.**

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.**