



Rehabilitative Exercises | Core Exercises

A3 Scissors

1



2



- 1- Lay on the floor with outstretched hands for support. With spine on the floor and ball between your ankles, lift ball. Turn ball with ankles so right leg is on top of the ball.
- 2- Next turn ball with ankles so left leg is on top of the ball. Keeping spine on floor at all times.
- 3- Repeat _____ times a day.