

Exercise: Pelvic Tilt Lying Knees Bent

Area: Pelvis and low back

Comment:

Exercise Description:

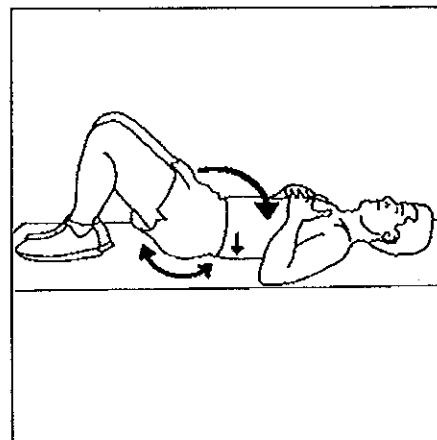
1. Lie on back on firm surface with knees bent and feet resting on surface.
2. Tighten abdominal and buttock muscles rocking pelvis backward flattening lower back against surface.
3. Hold and then relax returning to the starting position.
4. Repeat.

What to feel? Tightening about abdomen and buttocks

How many/often? 1 sets 20 repetitions 1 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Backward Trunk Lying (Supine) Bridging

Area: Low Back

Comment:

Exercise Description:

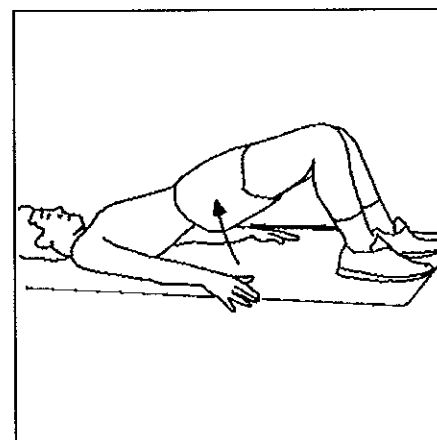
1. Lie on back with knees bent and feet resting on floor.
2. Lift hips upward so weight is on feet and shoulder blades.
3. Continue to lift hips upward arching lower back and hold.
4. Slowly return to starting position, relax, and repeat.

What to feel? Tightening in lower back and buttocks

How many/often? 1 sets 20 repetitions 1 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: (Supine) Lying Bridging Alternate Leg Stabilization

Area: Low Back

Comment:

Exercise Description:

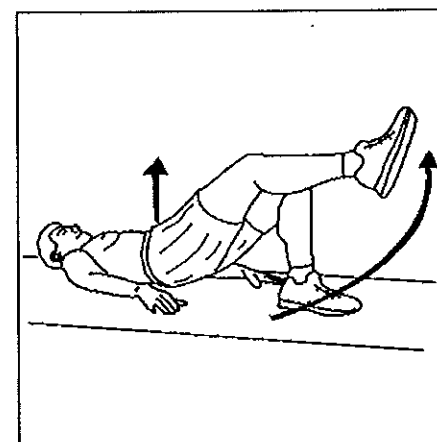
1. Lie on back with knees bent and feet resting on floor.
2. Find neutral in lower back and maintain this position throughout the exercise.
3. Lift hips upward so weight is on feet and shoulder blades and hold.
4. Lift foot and straighten knee maintaining position.
5. Slowly return foot to surface and straighten opposite knee.
6. Repeat.

What to feel? Tightening in lower back, buttocks and thighs.

How many/often? 1 sets 10 repetitions 1 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength and spine stability.



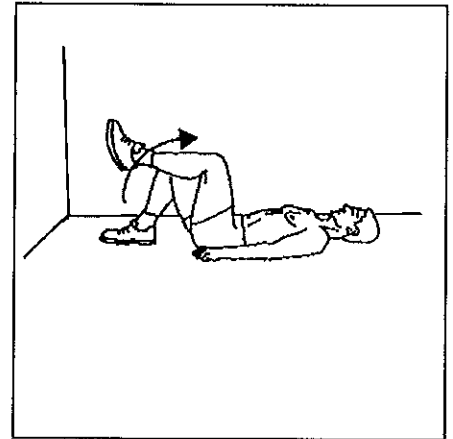
Exercise: (Supine) Lying Level Two Alternate Leg Lift Stabilization
 Area: Mid Back

Comment:

Exercise Description:

1. Lie on floor with knees bent with spine in good posture.
2. While maintaining good posture slowly lift your leg off the floor by bending at the hip.
3. Then slowly return the foot to the floor.
4. Repeat with opposite leg.
5. Repeat.

What to feel? Tightening of muscles in trunk and legs.
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength and spine stability.



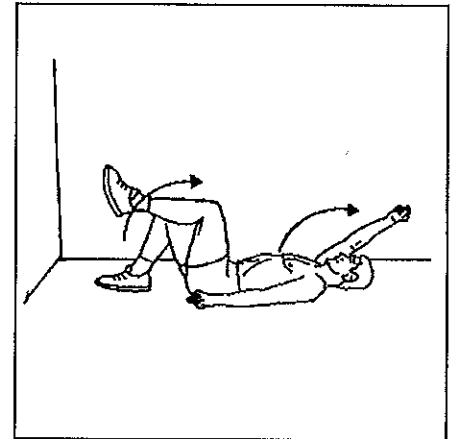
Exercise: (Supine) Lying Level Two Alternate Arm Leg Lift Stabilization
 Area: Low Back

Comment:

Exercise Description:

1. Lie on floor with knees bent with spine in good posture.
2. While maintaining good posture slowly lift one arm from your side to overhead and at the same time slowly lift the opposite side leg off the floor bending at the hip.
3. Then slowly return the arm and leg back to the starting position.
4. Repeat with opposite arm and leg.
5. Repeat.

What to feel? Tightening of muscles in arms and trunk.
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength and spine stability.



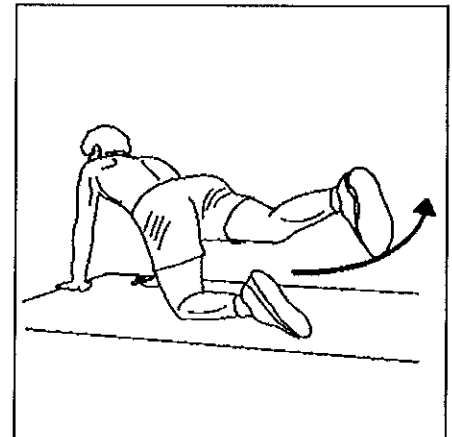
Exercise: Kneeling Alternate Leg Stabilization
 Area: Low Back

Comment:

Exercise Description:

1. Get on all fours on firm surface so hands are at shoulder level and hips over knees.
2. Keep back in a neutral position throughout the exercise (imagine balancing a glass of water on your lower back).
3. Lift leg and push backward without losing neutral in the back and hold.
4. Slowly return to starting position.
5. Repeat with the other leg.
6. Repeat.

What to feel? Tightening of back, buttock and back of thigh.
 How many/often? 1 sets 10 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength and spine stability.

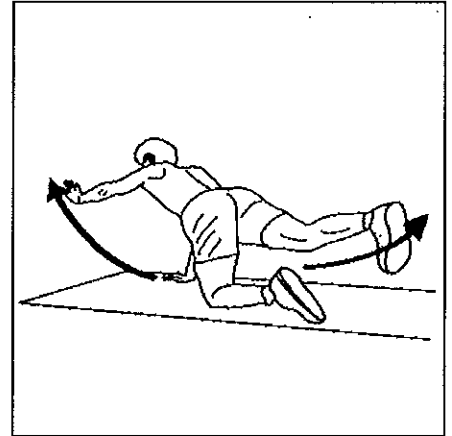


Exercise: Kneeling Alternate Arm and Leg Stabilization
 Area: Low Back

Comment:**Exercise Description:**

1. Get on all fours on firm surface so hands are at shoulder level and hips over knees.
2. Keep back in a neutral position throughout the exercise (imagine balancing a glass of water on your lower back).
3. Lift arm and alternate leg reaching arm forward and pushing leg back while maintaining neutral in back.
4. Hold and slowly return to starting position.
5. Repeat with opposite arm and leg.
6. Repeat.

What to feel? Tightening about trunk, arms and legs.
 How many/often? 1 sets 10 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength and spine stability.

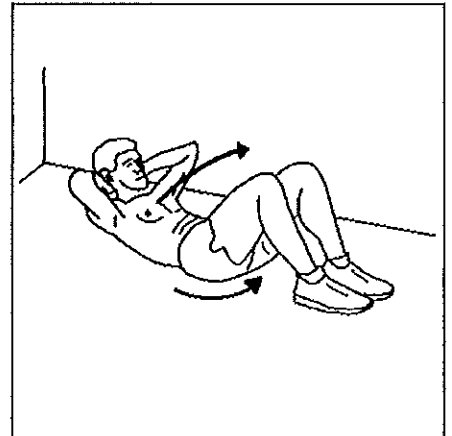


Exercise: Pelvic Rocking Partial Sit Up
 Area: Abdomen and Lumbar

Comment:**Exercise Description:**

1. Lie on your back, hands clasp behind head, knees bent, feet on floor.
2. Breathe in, fill lungs and belly, arch low back.
3. Exhale - as you flatten your spine to the floor lift your head and shoulders up slightly.
4. Repeat. Movements are as slow as your breathing.

What to feel? Tightening in abdomen/lumbar.
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increased muscle control and flexibility



Exercise: Pelvic Rocking Partial Sit Up Rotation
 Area: Abdomen and Lumbar

Comment:**Exercise Description:**

1. Lie on your back, hands clasp behind head, knees bent, feet on floor.
2. Breathe in; fill lungs and belly, arch low back.
3. Exhale - as you flatten your spine to the floor bring your left elbow to your right knee.
4. Repeat alternating sides. Movements are as slow as your breathing.
5. On last exhale bring head up as you wrap both arms around knees. Hold for 5 seconds.
6. Breath in arching low back and slowly move arms and legs out in and X and rest.

What to feel? Tightening in abdomen/lumbar.
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increased muscle control and flexibility

