

Lower Trunk Rotations

Sets: 1 **Reps:** 20 **Resistance:** **Hold:** **Rest:** **Times Per Day:** 1
Times Per Week:

Description:

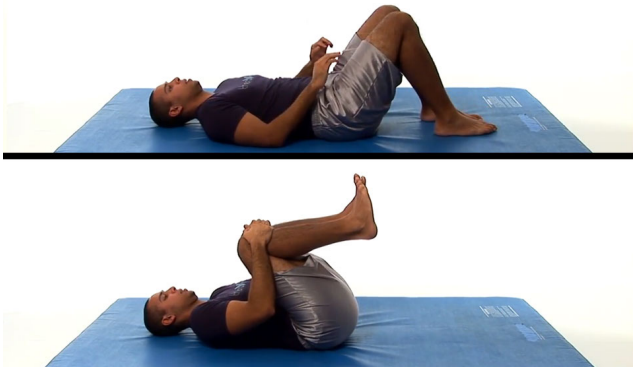
Lie with both feet placed flat on the supporting surface and knees bent. Keeping your shoulders flat on the surface, allow your knees to slowly fall together to the side, rotating at your lower back as you do so. Return to the starting position and then allow them to slowly fall to the opposite side. Repeat as directed.

Single Knee to Chest

Sets: 1-2 **Reps:** **Resistance:** **Hold:** 30 sec **Rest:** **Times Per Day:**
Times Per Week:

Description:

Begin by lying with knees bent and feet on the surface. Place your hands behind your thigh on the side you wish to stretch. Pull your knee towards your chest. Hold as directed. Repeat as directed.

Double Knee to Chest

Sets: 1-2 **Reps:** 1 **Resistance:** -- **Hold:** 30 sec **Rest:** -- **Times Per Day:**
1-2 **Times Per Week:** --

Description:

Lie on your back with your knees bent and your feet flat on the floor or bed. Bring both knees up toward your chest. Place both hands around your knees and gently but firmly pull the knees as close to the chest as pain permits. Hold for 1-2 seconds, and return to starting position. Make sure you do not raise your head or straighten your legs at any point. Try to pull your knees a bit further into your chest with each repetition.

Transverse Abdominis Activation

Sets: 1 **Reps:** 10 **Resistance:** **Hold:** 5 sec **Rest:** **Times Per Day:** 1
Times Per Week:

Description:

Starting Position: Lie on your back with knees bent and feet flat on the floor. **Movement:** Keep a neutral spine (small space between low back and the floor). Place your hands on your stomach so that your finger tips are palpating are just inside your hip bone. Activate your transverse abdominus by drawing in your abdomen without moving your spine upon exhale. Some cues to properly activate your deep core is to brace your stomach as if your about to be punched in the stomach. You do not want your central abdominal muscle to protrude upward. When contracted correctly, the contour of the abdominal wall should be a balanced, slightly rounded appearance which should be maintained throughout the exercise with normal respiration. Hold each contraction for approximately 10 seconds. Hold and repeat as prescribed.

Bridges with Lumbar Stabilization

Sets: 1 **Reps:** 15 **Resistance:** Hold: **Rest:** **Times Per Day:** 1
Times Per Week:

Description:

Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Tighten your abdominals by drawing your belly button in toward your spine. Keeping the stomach tight, raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up as far as you can while maintaining the abdominal contraction. Return to starting position. Repeat as directed.

Seated Trunk Flexion

Sets: 2 **Reps:** -- **Resistance:** -- **Hold:** 30 sec **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Sit at the edge of a steady chair with your feet well apart and your arms resting between your legs. Bend your trunk forward and touch the floor with your hands. Return to starting position. Try to bend down a bit further with each repetition. The exercise can be made more effective by holding on to your ankles with your hands and pulling yourself down further. Repeat as directed.

Seated Hip External Rotation Stretch

Sets: 1-2 **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** --

Description:

Starting Position: To stretch your RIGHT hip, place your RIGHT foot on your LEFT knee. **Movement:** Push your RIGHT knee towards the floor. Hold and repeat as prescribed. **Tip:** To increase the stretch lean forward while keeping your back straight.