

COMMENTS:

All of these movements should be performed at a "light to medium" level of stretch intensity. No pain should be felt during or afterwards. If there is, please discontinue the exercise.

1



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVTJZ7GYR

2



DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Repeat 10 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVD3S264Y

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Retrun to starting position and then repeat on the opposite side.

3



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Repeat 10 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVE7C35B7

Maintain a level and stable pelvis and spine the entire time.

4



Modified: Plank

Start laying face down with your elbows directly below your shoulders. Keeping back straight and your core tight, lift you torso up supporting yourself on arms and knees. Keep your shoulders, hips, and knees all in a line.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

5



ADVANCED: PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day
Video # VV2PBUD23

6

MODIFIED: LATERAL PLANK

While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

7

ADVANCED: LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VV35FQJCR