

### ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

Repeat 20 Times  
Complete 2 Sets

Hold 2 Seconds  
Perform 1 Times a Day



### PELVIC TILT - SUPINE

Lie on your back with your knees bent. Perform an abdominal brace. Next, arch your low back and then flatten it repeatedly. Your abdominal muscles should be engaged while you do this. Your pelvis should tilt forward and back during the movement.

Place your hand in the small of your back. You should feel your back flatten against your hand when you perform the pelvic tilt. Video # VVHBZ4XN3

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### BRACE SUPINE MARCHING

While lying on your back with your knees bent, perform the pelvic tilt. Then, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Make sure to keep your abdominal muscles engaged the entire time. Video # VVQK9AVP5

Repeat 15 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day



## 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. Video # VVTJZ7GYR



Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 1 Times a Day



## LOWER TRUNK ROTATIONS - LTR - WIG WAGS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Video # VVHFZ3NCW



Repeat 10 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 1 Times a Day

## CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction. Video # VVWPCEBAB



Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### 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.



Maintain a level and stable pelvis and spine the entire time. Engage your core. Video # VVE7C35B7

Repeat 15 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

### SIDELYING TRUNK ROTATION



While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand. □

Do this exercise on both sides. Video # VVBAH3Q36

Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

### SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest. □

Do this stretch on both legs. Video # VV3W4RJUU



Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks. Video # VVAKQPLG3

Repeat 3 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day