

### 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



### 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

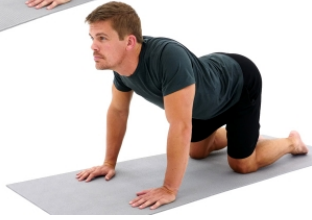




### CAT AND CAMEL

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

Hold 1 Second

Complete 3 Sets

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

Hold 1 Second

Complete 3 Sets

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

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day

## 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. Video # VV2PBUD23



Repeat 1 Time  
Complete 3 Sets

Hold 20 Seconds  
Perform 1 Times a Day

## LATERAL PLANK MODIFIED

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



Do this on both sides.

Repeat 1 Time  
Complete 3 Sets

Hold 15 Seconds  
Perform 1 Times a Day

## 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.

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.

Return to starting position and then repeat on the opposite side. Video # VVD3S264Y



Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

### BRIDGE - MARCHING



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



While holding this position, lift one leg while maintaining a level pelvis. Set it back to the floor and then lift the opposite leg. Video # VVLBF4MXT

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

### PRESS UPS



Lying face down, slowly press up and arch your back using your arms. Video # VV6MQGFXM

Repeat 20 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

### PIRIFORMIS STRETCH - MODIFIED



While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. □

Do this on both sides. Video # VVGWM3ZAP

Repeat 1 Time  
Complete 3 Sets

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 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 1 Times a Day