

## ABDOMINAL BRACING

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

Repeat 10 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day



## PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion. Video # VVHBZ4XN3

Repeat 10 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day



## BRACE SUPINE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving. Video # VVQK9AVP5

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



### BRIDGE - 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 10 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat. Video # VV3W4RJUU



Repeat 10 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day

### DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest. Video # VVSHPUFNG



Repeat 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 2 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. Video # VVBAH3Q36

Repeat 5 Times  
Complete 3 Sets

Hold 10 Seconds  
Perform 2 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.

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

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day

### PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat. Video # VVP39UKGJ



Repeat 5 Times  
Complete 3 Sets

Hold 10 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 2 Times a Day



### CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side. Video # VV8QWGRE2

Repeat 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 2 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 3 Seconds  
Perform 2 Times a Day



### THORACIC ROTATION - QUADRUPED

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return. Video # VV97R5YF4

Repeat 5 Times  
Complete 3 Sets

Hold 5 Seconds  
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. Video # VVE7C35B7

Repeat 10 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 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 30 Seconds  
Perform 2 Times a Day





### PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, squeeze and hold your glute (butt muscle), slowly raise up a leg. Slowly lower, release glute to relax and then repeat on the opposite side.

Do not allow your spine to move the entire time. Video # VV74DKT9E

Repeat 10 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 3 Times a Day



### PRONE BACK EXTENSION

While lying face down, slowly raise your chest upwards and off the ground. Then lower slowly back to the ground.

Repeat 8 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 1 Times a Day



### SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down. Video # VVM8SGHBE

Repeat 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 1 Times a Day



## ELASTIC BAND STANDING TRUNK ROTATION

Hold an elastic band with your arms out in front of you while in the standing position.

Turn to the side as you rotate your trunk and hips. Your arms should be extended and in front of your chest the entire time.

The elastic band should be anchored to the side of your body.  
Video # [VVZKA6K9V](#)



Repeat 8 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 1 Times a Day