

# Anterior-Posterior Pelvic Tilts



- Lie on back with knees bent.
- Tilt pelvis anteriorly by arching your lower back, making space between your lower back and the table.
- Then tilt pelvis posteriorly by pressing lower back into table.
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Phase I Lumbar Stabilization: Transverse Abdominis Activation



- Lie on back with knees bent.
- Pull belly button down towards table then down towards shoes.
- Hold contraction 10 seconds, progressing up to 60 seconds.
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Phase I Lumbar Stabilization: Bent-knee Fallout



- Lie on back with knees bent.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lower one bent knee to the side, keeping the core muscle activated. Only lower knee as far as possible maintaining contraction and ensuring hips and pelvis are stable.
- \_\_\_\_\_REPS \_\_\_\_\_SETS

# Phase I Lumbar Stabilization: Marching



- Lay on back with knees bent.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift one foot off of mat (no more than 6 inches), keeping the core muscle activated. Do not lift foot higher than the height you are able to keep the core muscle contracted.
- Alternate left and right legs.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase I Lumbar Stabilization: Hip and Knee Extension



- Lie on back with knees bent.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift one foot off of mat (no more than 6 inches), keeping the core muscle activated. Then kick your leg out to straighten the knee, keeping the core muscle activated.
- Alternate left and right legs.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase I Lumbar Stabilization: Overhead Arm Raise



- Lie on back with knees bent.
- Hold light object (less than 5 lbs) in both hands with elbows straight. Start with object held above chest (not shown).
- Activate core muscle by pulling belly button down toward table and then down towards shoes.
- Begin with a book or light object (less than 5 pounds) straight above chest and slowly lower, keeping the core muscle tight.
- Lower the object only to as far as you can keep the core muscle tight. The final goal is to lower the object above your head.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase I Lumbar Stabilization: Quadruped Alternate Leg/Arm Lift



- Position body on hands and knees.
- Activate core muscle by pulling belly button towards the spine and then down towards shoes.
- Slowly lift alternating arm and leg, keeping the core muscles contracted so that there is no movement in the lower back.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

Blank

# Phase II Lumbar Stabilization: Side Plank



- Lie on side, with the bottom knee either bent (Picture 1) or straight (Picture 2). Prop weight through bottom elbow and extend top arm along side.
- Activate core muscle by pulling belly button down towards spine and then down towards shoes.
- Slowly lift hips off of mat, keeping the core muscle activated. Keep head, shoulder, hip, knee and ankle all in one straight line, as shown above with the arrow.
- Slowly control lowering hips back towards the mat.
- \_\_\_\_\_SEC HOLD \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Phase II Lumbar Stabilization: Bridge



- Lie on back with knees bent.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift hips off of mat, keeping the core muscle activated.
- Slowly control lowering hips back towards the mat.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase II Lumbar Stabilization: Crunch and Hold



- pelvic neutral position
- tighten abs
- crunch forward and hold 30-60 sec

\_\_\_SETS

\_\_\_TIMES/DAY

# Phase II Lumbar Stabilization: Sweeper



- pelvic neutral position
- tighten abs
- crunch forward and hold
- sweep side to side keeping shoulders parallel to the mat

-30-60 sec

\_\_\_SETS

\_\_\_TIMES/DAY

# Phase II Lumbar Stabilization: Plank



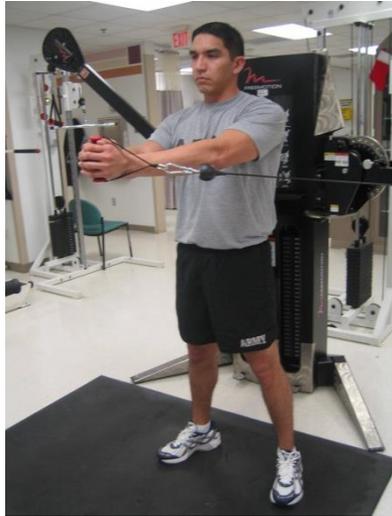
- Lie on stomach, propping body up on both elbows and toes.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift body off of mat, keeping the core muscle activated. Keep head, shoulder, hip, knee and ankle all in one straight line.
- Slowly control lowering hips back towards the mat.
- \_\_\_\_ SEC HOLD \_\_\_\_ REPS \_\_\_\_ SETS \_\_\_\_ TIMES/DAY

# Phase II Lumbar Stabilization: Supine Plank



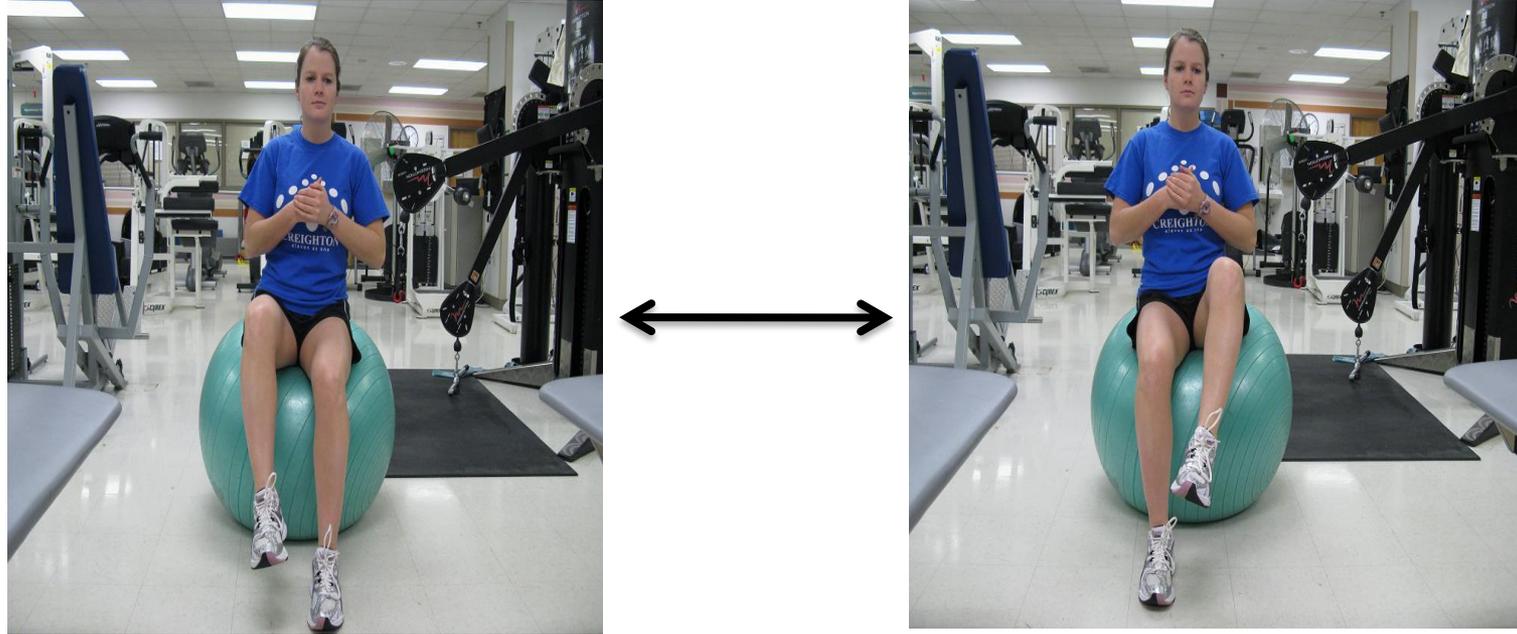
- Lie on back, propping body up on both elbows and heels.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift body off of mat, keeping the core muscle activated. Keep head, shoulder, hip, knee and ankle all in one straight line.
- Slowly control lowering hips back towards the mat.
- \_\_\_ SEC HOLD \_\_\_ REPS \_\_\_ SETS \_\_\_ TIMES/DAY

# Phase II Lumbar Stabilization: Rotational Twists



- Place both hands on single hand of cable and put tension on the cable so that the handle is directly in front of you while standing.
- Initiating the movement from the torso, rotate the trunk away from the cable allowing the arms to follow.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase II Lumbar Stabilization: Seated Marching on Physioball



- Starting position: sit on appropriate sized physioball so knees are flexed to ~ 90 deg. Maintain neutral spinal alignment.
- Lift R knee as in marching. Repeat with L knee.
- REPS        SETS        TIMES/DAY

# Phase III Lumbar Stabilization: Heel Hover



- Lie on back with knees pulled in towards chest.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly straighten both legs, keeping core muscles activated.
- Increase difficulty by hovering heels closer to the ground.
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Phase III Lumbar Stabilization: Single-Leg Bridge



- Lie on back with one knee bent and one leg lifted off of mat.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift hips off of mat, keeping the core muscle activated.
- Slowly control lowering hips back towards the mat.
- An alternate leg position is with the knee straight (Picture 2).
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Side Plank with Extended Elbow



- Lie on side, with the bottom knee straight. Extend bottom elbow and lay top arm along side.
- Activate core muscle by pulling belly button down towards table and then down towards shoes.
- Slowly lift hips off of mat, keeping the core muscle activated. Keep head, shoulder, hip, knee and ankle all in one straight line.
- Slowly control lowering hips back towards the mat.
- \_\_\_\_\_SEC HOLD \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Side Plank with Leg Lift



- Lie on side, with the bottom knee straight. Prop weight through bottom elbow and extend top arm along side.
- Activate core muscle by pulling belly button down towards spine and then down towards shoes.
- Slowly lift hips off of mat, keeping the core muscle activated. Keep head, shoulder, hip, knee and ankle all in one straight line.
- Then lift top leg, keeping the knee straight.
- Lower the top leg.
- Slowly control lowering hips back towards the mat.
- \_\_\_\_ SEC HOLD \_\_\_\_ REPS \_\_\_\_ SETS \_\_\_\_ TIMES/DAY

# Phase III Lumbar Stabilization: Side Plank with Twist



- Side Plank position
- rotate body 90 degrees
- hold 3 sec, return to Side Plank
- repeat 30-60 sec

# Phase III Lumbar Stabilization: Contralateral Supine



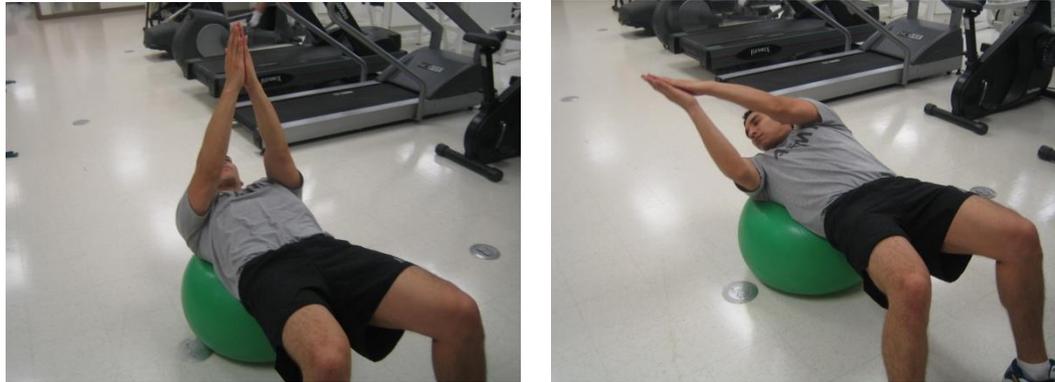
- lie on back with all extremities in the air
- lower 1 leg and opposite arm
- hold 3 sec, slowly return
- repeat for 30-60 sec total

# Phase III Lumbar Stabilization: Swimmers/Superman



- Lay on stomach, with arms and legs straight and head looking down toward mat.
- Slowly lift opposite arm and leg. Slowly lower then switch.
- Progression: Lift all four limbs simultaneously (Picture 2), which is the superman.
- \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Rotational Twists on Swiss Ball



- Lie on swiss ball with arms straight and hands placed with palms facing each other.
- Rotate trunk to one side, letting the arms follow, maintaining your balance on the ball and keeping hips level.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Upper Extremity Walk-out on Ball



- Position yourself on your hands and knees with the swiss ball placed underneath your stomach.
- SLOWLY walk hands out in front of you, letting your body move forward on the ball.
- To increase difficulty, walk hands further out, with the most difficult position with the only the feet on the ball (Picture 3).
- \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Chops



- Place both hands on single hand of cable. Place the closest leg on the floor with the knee bent to 90 degrees.
- Kneel on padding (dynadisc, airex pad) with the leg furthest from the cable.
- Initiating the movement from the torso, rotate the trunk allowing the arms to follow in a chopping motion
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Lifts



- Place both hands on single hand of cable. Place the closest leg on the floor with the knee bent to 90 degrees.
- Kneel on padding (dynadisc, airex pad) with the leg furthest from the cable.
- Initiating the movement from the torso, rotate the trunk allowing the arms to follow in a lifting motion.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase III Lumbar Stabilization: Seated Trunk Rotation on Physioball



- Starting position: seated on physioball on side of free motion machine. Maintain neutral alignment of spine.
- Free motion bar to be level with elbow.
- Grasp handle with both hands.
- Activate transverse abdominus while rotating trunk. Maintain feet position.
- Return to starting position.
- \_\_\_REPS\_\_\_SETS\_\_\_TIMES/DAY

# Phase IV Lumbar Stabilization: Flutter Kicks



- Lie on ground with hands placed underneath buttocks to provide support for your pelvis.
- Keep core muscle activated while you alternate moving a straight leg up and down.
- Increase the difficulty of the exercise by keeping the legs closer to the ground while performing the exercise.
- \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Phase IV Lumbar Stabilization: Supine Bicycle



- Lie on ground with hands laced behind head.
- Bend one knee toward chest while rotating opposite arm towards knee and straightening out other leg.
- Perform this exercise SLOWLY and ensure core muscle is activated throughout entire exercise.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase V Lumbar Stabilization: Pushup with Rotation



- Begin in the ending push-up position.
- Initiate the “up” portion of the pushup and rotate body on ascent to finish in a side plank with the bottom elbow straight.
- DO NOT rotate into side plank after completing the push-up – the rotation should occur simultaneously as you ascend in the push-up.
- \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Phase V Lumbar Stabilization: Core Drag



- Start in the starting push-up position with your feet positioned on a smooth object, such as an airex pad.
- On a smooth slick surface, walk hands to progress in a forward manner. Prevent the hips and trunk from moving by keeping the core muscles tight.
- \_\_\_\_\_DISTANCE\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase V Lumbar Stabilization

## Slide Pushups



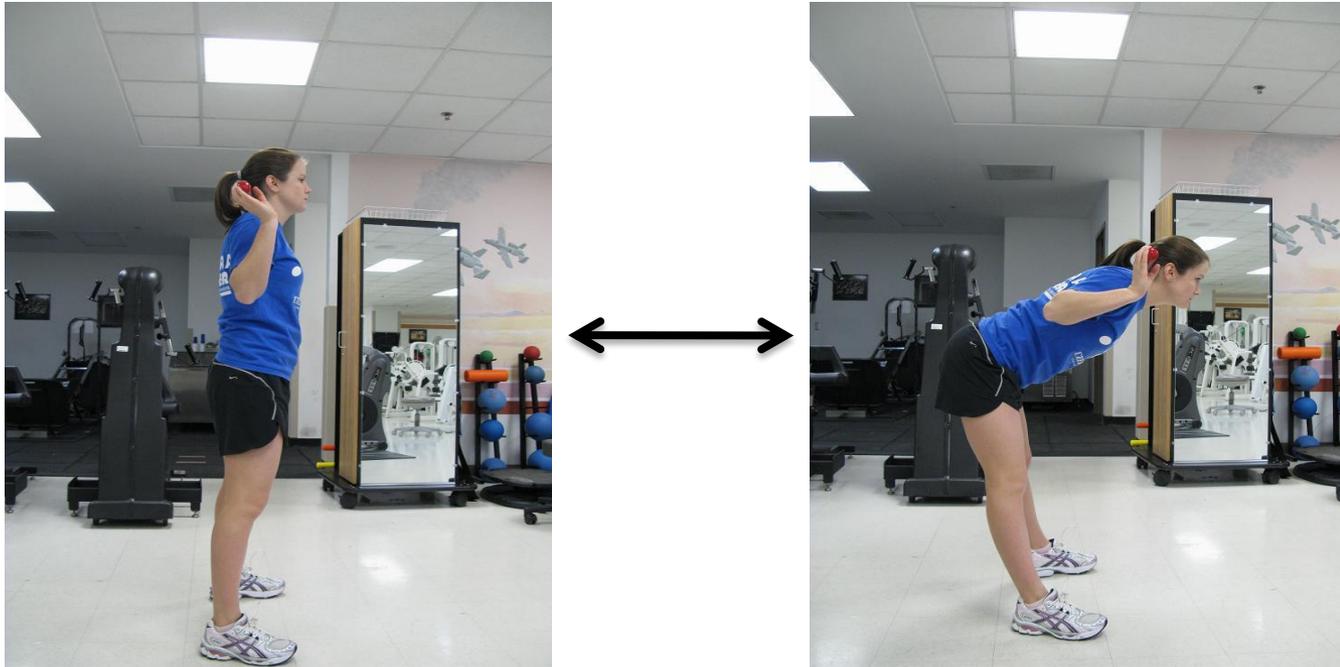
- Place hands in booties and position body in the starting push-up position.
- Control the descent of the pushup, letting the hands slide outward to widen the arms.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Phase IV Lumbar Stabilization: Slide Board Wax on/Wax off



- Place hands in booties and position body in the starting push-up position.
- Form circles in a clockwise manner, moving one arm at a time.
- To increase difficulty, increase the size of the circles.
- \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Standing trunk extension with weighted bar



- Starting position: place weighted bar on upper back, place feet shoulder width apart.
- Keep spine in neutral position by contracting core. Bend at waist with knees straight. Chin/chest up and looking forward.
- Return to starting position.
- \_\_\_\_\_REPS\_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Prone trunk extension on physioball



- Starting position: prone on physioball with legs on floor and at least shoulder width apart. Also may place feet against wall for increase stability.
- Beginners start with UEs across chest → advance to UEs behind head throughout exercise.
- Extend trunk by lifting chest off of physioball.
- Return to starting position.
- \_\_\_\_ REPS \_\_\_\_ SETS \_\_\_\_ TIMES/DAY

# Back extension with T-band



- Sit on physioball with feet on the floor & back straight, holding theraband in front of chest.
- Arch low back using the theraband for resistance.
- REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY