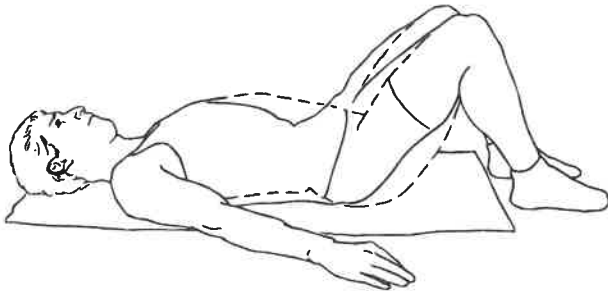


INSTRUCTIONS:

This routine focuses on stabilization of the pelvis and lower back. This means using a contraction of the abdominals to maintain the pelvis (and the spine) in a certain position. Doing this helps strengthen the abdominals to provide much needed spinal support and help prevent lower back pain/injury.

Stabilization of the pelvis can be done either in neutral (see exercise below) or in a posterior pelvic tilt (pelvis tilted backwards and lower back flattened toward the floor). When the feet are on the floor, in most cases stabilize in neutral. When the feet are in the air it will be better for some to stabilize in a posterior tilt.

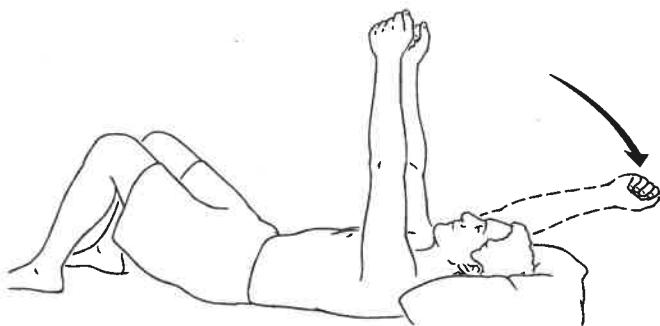
TRUNK STABILITY - Finding Neutral Position of Pelvis



Lie on back, legs bent. Exhale, tilting top of pelvis back, pubic bone up, to flatten lower back. Inhale, rolling pelvis opposite way, top forward, pubic bone down, arch in back.

Repeat 3-5 times. Neutral is approximately midway between those two extremes (slight curve in lower back). It should be comfortable and pain-free.

TRUNK STABILITY - Extremity Flexion (Hook-Lying)



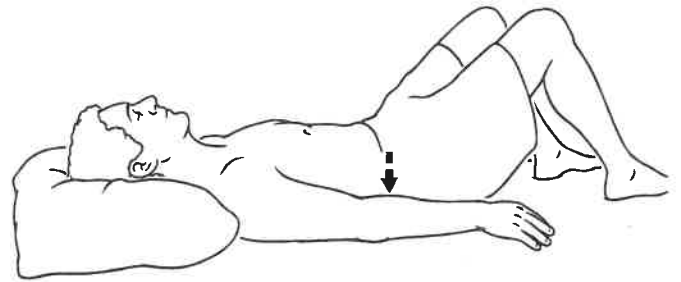
Holding neutral pelvis, lower right arm over head as far as possible, then return to start. Repeat with other arm.

Do 1-2 sets of 5-10 reps each side.

INSTRUCTIONS, cont.

When contracting the abdominals, try to flatten the abdominal wall instead of trying to pull the navel toward the spine (which can cause you to hollow out). This provides much better spinal support and decreases risk of injury.

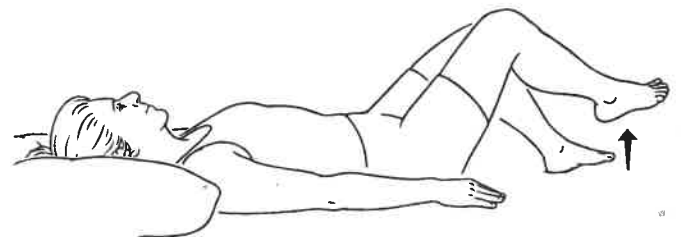
TRUNK STABILITY - Isometric Abdominal (Ab Pull-Ins)



In neutral pelvis, contract abdominals as if squeezing a marble in your navel from all sides. Hold 6 seconds.

Repeat 6-8 times.

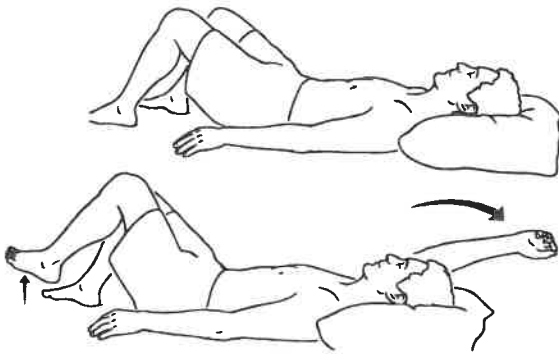
TRUNK STABILITY - Marching



Holding a posterior pelvic tilt or neutral, slowly lift one foot about 6 inches off mat. Pause briefly, then return to start. Repeat on other side.

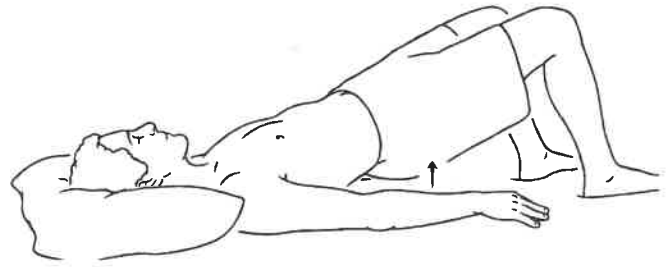
Do 1-2 sets of 5-10 reps each side.

TRUNK STABILITY - Combination (Hook-Lying)



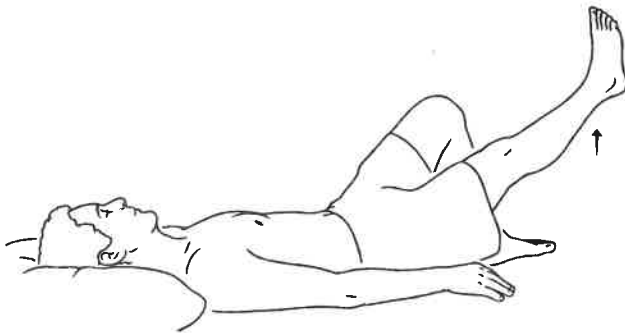
Holding a posterior pelvic tilt or neutral, slowly raise left leg and lower opposite arm over head (avoid arching lower back), then return to start. Repeat with other arm & leg.
Do 1-2 sets of 5-10 reps each side.

TRUNK STABILITY - Bridging



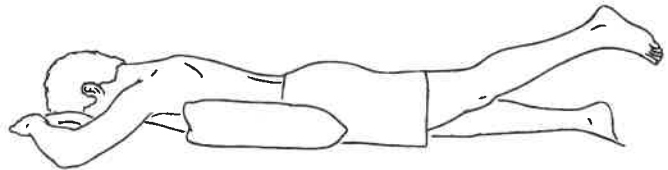
Holding neutral pelvis, slowly raise buttocks from floor to form a straight line from shoulders to knees. Hold 5 seconds, then slowly lower (avoid touching floor).
Do 1-2 sets of 8-12 reps

TRUNK STABILITY - Straight Leg Raise



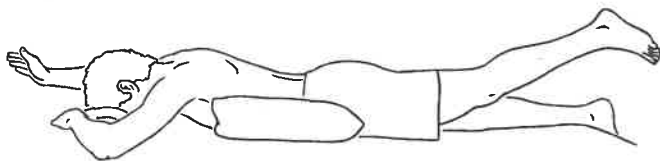
Holding posterior pelvic tilt or neutral, slowly raise locked right leg 12 inches from floor. Hold 5 seconds, then slowly lower to start. Repeat 5-10 times. Repeat with other leg.
Do 1-2 sets each leg.

TRUNK STABILITY - Straight Leg Raise (Prone)



Abdomen and head supported, keep left knee locked and raise leg at hip. Keep abs tight and avoid arching low back.
Repeat 8-12 times. Repeat with the other leg. Do 1-2 sets each leg.

TRUNK STABILITY - Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, left knee locked, raise leg and opposite arm 3-4 inches from floor. Pause briefly then lower to start. Repeat on other side.
Repeat 5-10 times on each side.