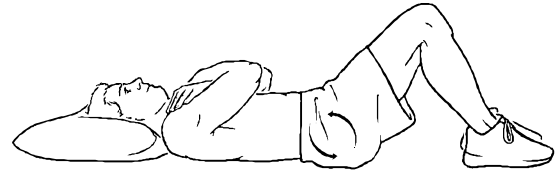


STRENGTHENING PART: Find where your back is flat across. Without moving your low back, suck your tummy in so that your belly button moves up and away from your belt line. Hold initially for 1 second. Then work up to holding for 10 seconds. For more advanced exercise perform same steps but breath normally.

Repeat 15-20 times. Do 2 sessions per day.

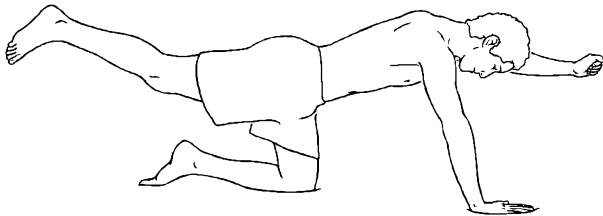
BACK - 56 Pelvic Tilt: Posterior – Legs Bent (Supine)



Tighten stomach and flatten back by rolling pelvis down. Hold 5 seconds. Relax.

Repeat 15 times per set. Do 3 sets per session. Do 2-3 sessions per day.

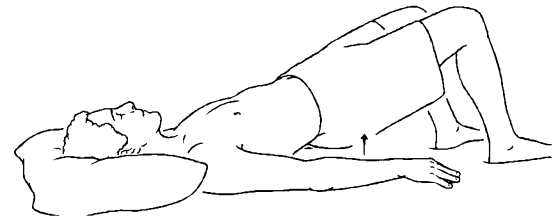
TRUNK STABILITY - 20
Upper / Lower Extremity Extension (All-Fours)



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid and flat. Hold for 5 seconds and repeat with other arm and leg.

Repeat 15 times per set. Do 3 sets per session. Do 2-3 sessions per day.

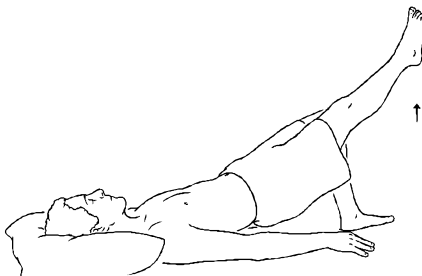
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 15 times per set. Do 3 sets per session. Do 2-3 sessions per day.

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise



With legs bent, lift buttocks off the floor. Then slowly extend one knee, keeping stomach tight. Hold for 5 seconds and extend the other knee.

Repeat 15 times per set. Do 3 sets per session. Do 2-3 sessions per day.

Raise one leg and hold for 10 seconds. Repeat with other leg. Perform 10 times on each side. Do 3 sets per session. Do 2 sessions per day.

ADVANCE PART: Kneal on the ball making sure you have stable object to hold on to for balance control. Try to not use your feet to stabilize your body by holding them against the ball. Hold position for one minute. Do 3 sets per session. Do 2 sessions per day.

