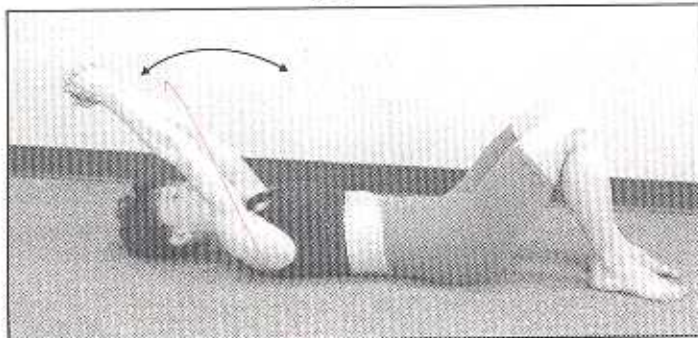


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ABDOMINAL EXERCISES

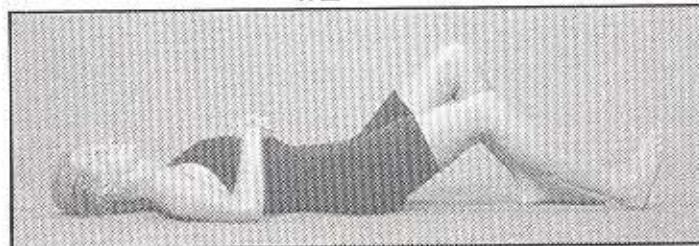
#1



In neutral, tighten abdominals. Slowly move arms back and forth overhead.

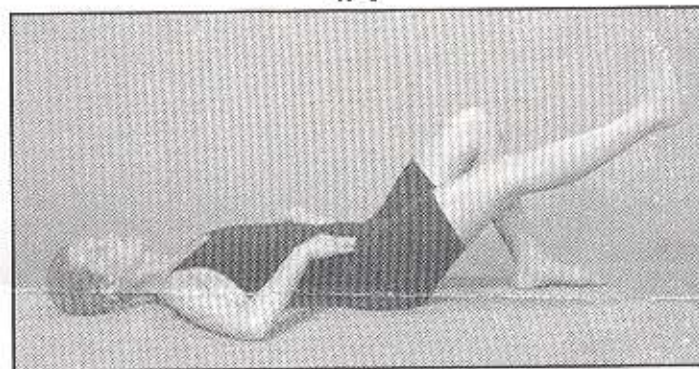
VARIATIONS: 1. Bent arms.
2. Alternate straight arms.

#2



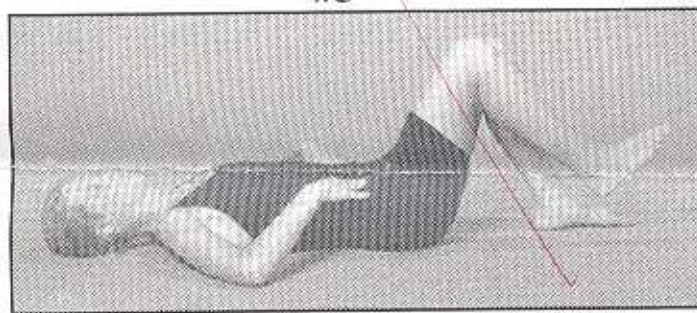
In neutral, tighten abdominals. Alternately slide one heel out and return.

#4



In neutral, tighten abdominals. Alternately extend legs.

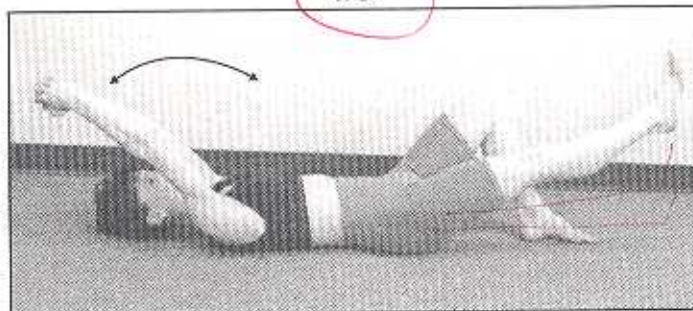
#3



In neutral, tighten abdominals. Alternately lift feet off the floor.

VARIATION: Lift one leg and hold. Lift other leg and hold. Lower one at a time.

#5



In neutral, tighten abdominals. Move arms back and forth overhead while alternately extending legs.

VARIATION: Keep knees bent and alternately march legs.

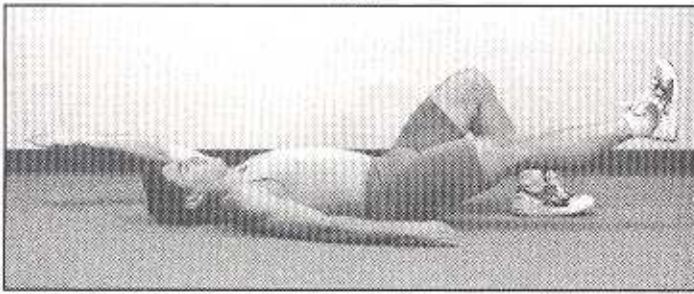
Perform 10 fatigue

Progress _____

Goal 2 minutes

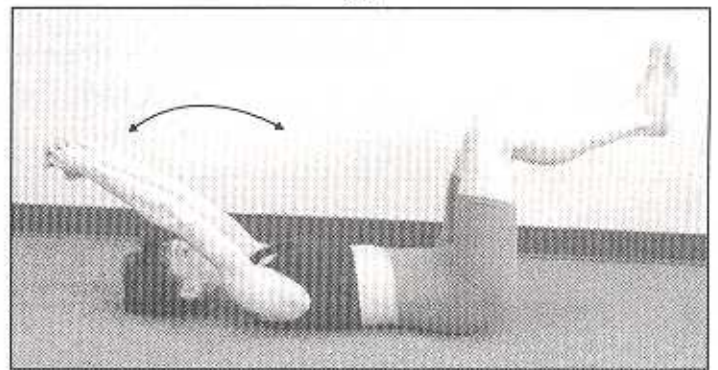
ABDOMINAL EXERCISES

#6



In neutral, tighten abdominals. **Alternately** move one arm overhead while extending opposite leg.

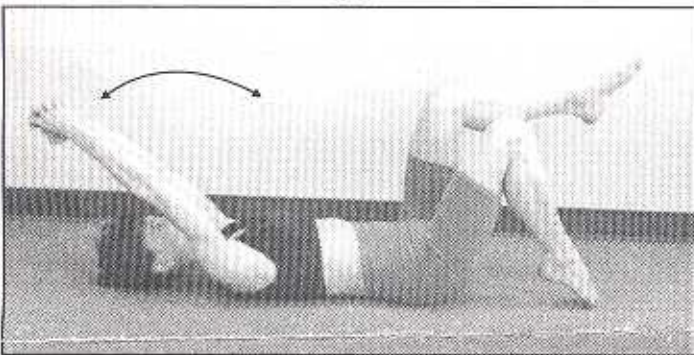
#7



In neutral, tighten abdominals. Position legs as shown. Slowly move arms back and forth overhead.

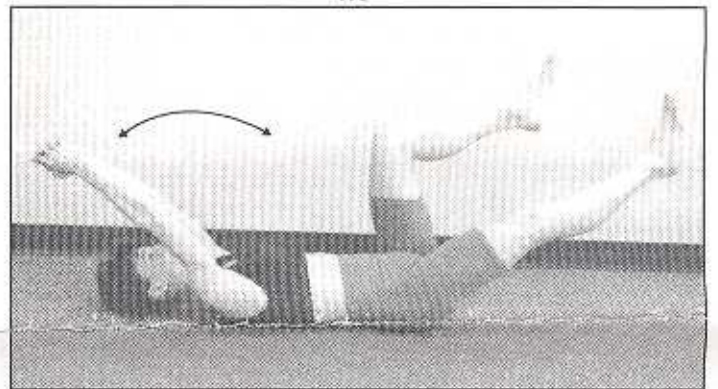
VARIATION: Alternate arms overhead.

#8



In neutral, tighten abdominals. Slowly move arms back and forth overhead while **alternately** tapping toes to floor.

#9

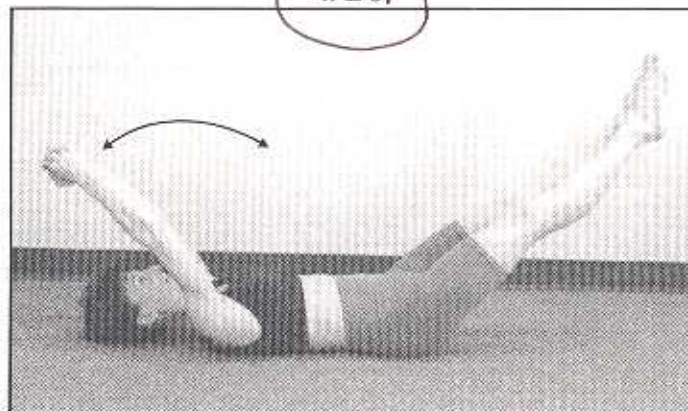


In neutral, tighten abdominals. Slowly move arms back and forth overhead while **alternately** extending legs. Do not allow feet to touch the floor.

VARIATION: Alternate one arm with opposite leg.

10-02-03

#10



In neutral, tighten abdominals. Slowly move arms back and forth overhead while keeping both legs extended. Do not allow feet to touch the floor.

Perform _____.

Progress _____.

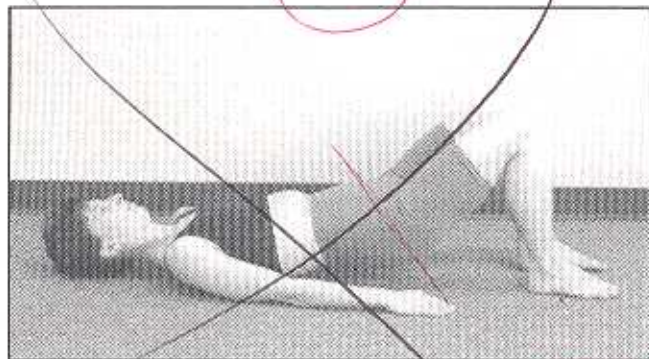
Goal _____.

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BRIDGING

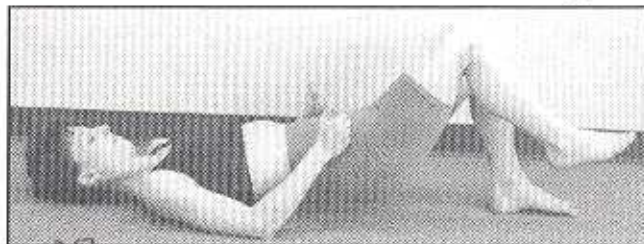
#1



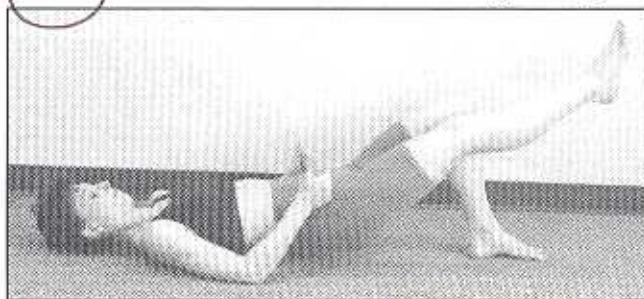
In neutral, tighten abdominals, squeeze buttocks and raise up off floor, extending from the hips. Keeping neutral, lower and touch buttocks to floor. Keep hips level.

Voxatigue
30K

#2 WEIGHT SHIFT - Bent Leg



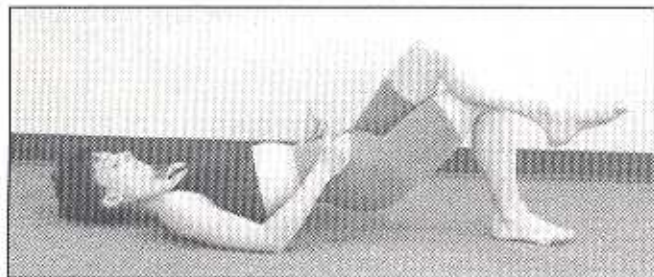
10-0-03
#2 WEIGHT SHIFT - Straight Leg



In neutral, bridge position, transfer weight back and forth from left foot to right foot. Tighten buttock on side you are stepping on. Keep hips level.

Voxatigue

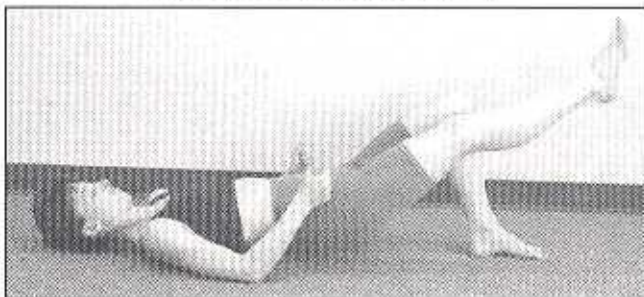
#3 LEG CROSSED



#4 BENT LEG



#5 EXTENDED LEG

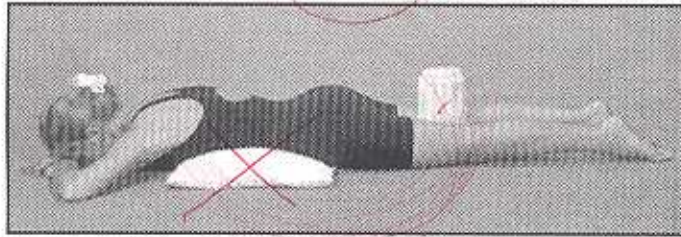


In neutral, tighten buttocks, raise and lower trunk 3-5 repetitions. Stay up in bridge, weight shift to other leg and repeat



PRONE EXERCISES

#1



Tighten abdominals, squeeze buttocks, squeeze towel roll. *on just 4 inches*

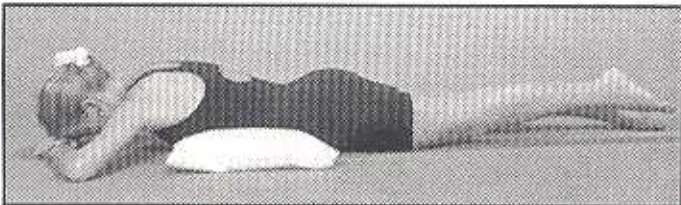
Hold time 2' or 30x

#2



Tighten abdominals, squeeze buttocks, squeeze towel roll. Maintain this position while alternately lifting arms. Lift arm to level of shoulder only. Do not allow low back to sag.

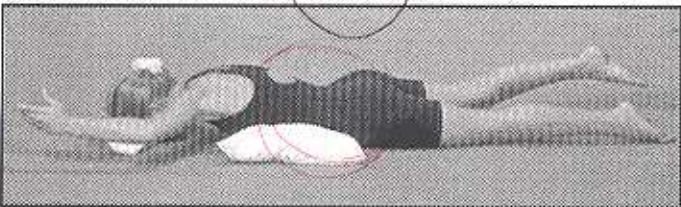
#3



Tighten abdominals, squeeze buttocks. Maintain this position while alternately lifting legs. Lift leg to level of buttock only. Do not allow low back to sag.

10-01-03

#4



Tighten abdominals, squeeze buttocks. Maintain this position while alternately lifting arm and opposite leg. Lift arm to level of shoulder and leg to level of buttock only. Do not allow low back to sag.

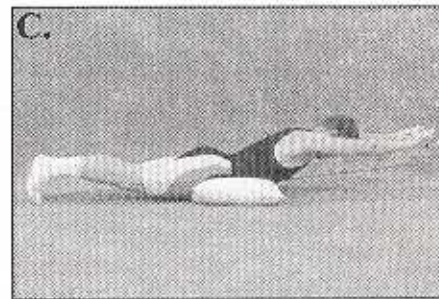
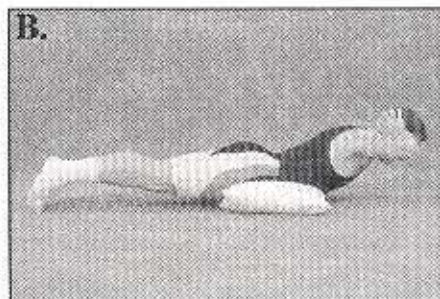
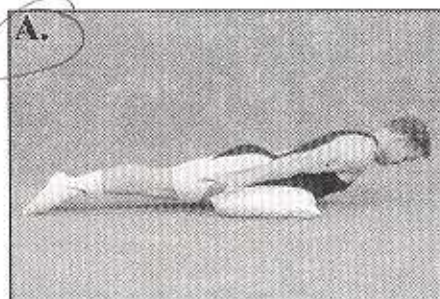
VARIATION: Remove pillow.

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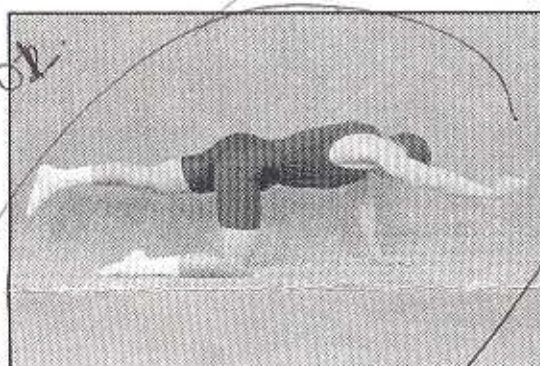
EXTENSION EXERCISES

10-01



Lift trunk up as far as you can painfree. Use hand position A/B/C.

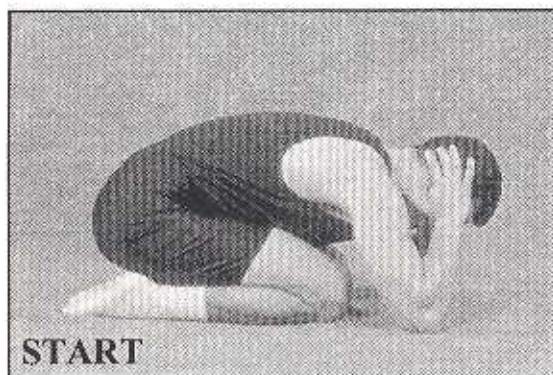
10-02



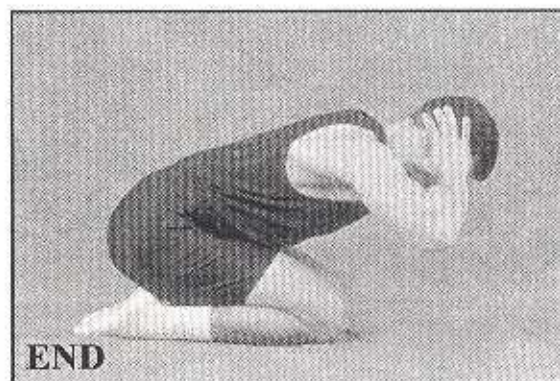
Alternate opposite arm and leg lifts.



Alternate opposite arm and leg lift.
VARIATION: Remove pillow.



Sit on heels with knees apart and fingers laced behind head.



Raise head and elbows and bring shoulder blades together.

Perform _____

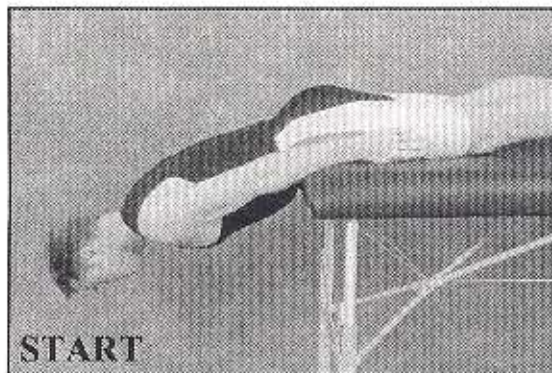
Progress _____

Goal _____

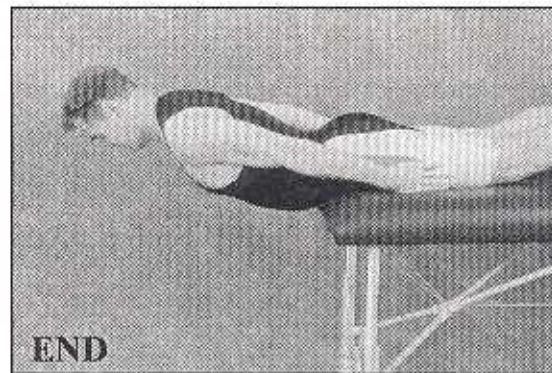
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EXTENSION EXERCISES

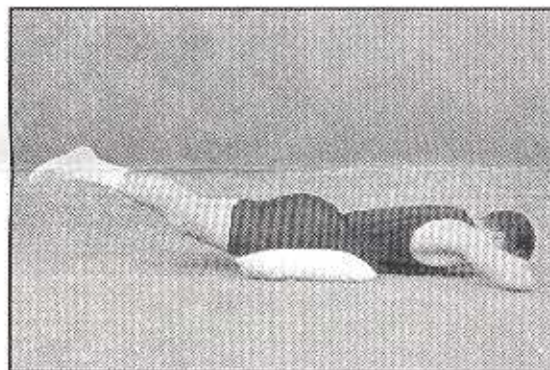


Lie on a table with your pelvic bones at the edge and your legs held down by an external force.

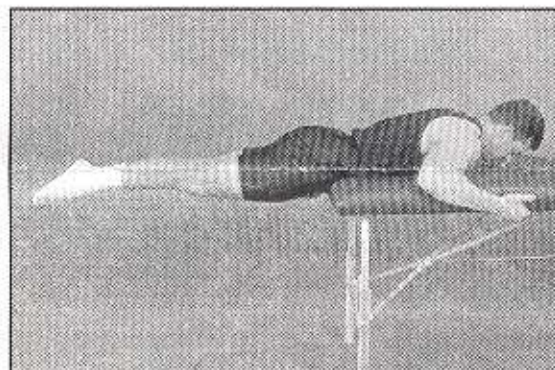


Lift trunk up.

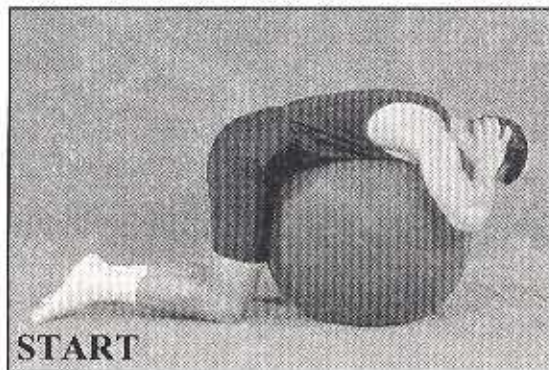
VARIATIONS: 1. Hands behind head.
2. Arms above head.



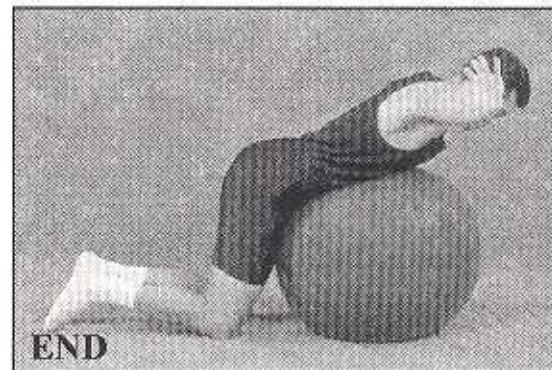
Lie on stomach with 1-2 pillows under lower abdomen. Keep knees straight and lift both legs up off floor.



Hold onto a table. Keep knees straight and lift both legs up.



Lie over ball.



Raise head and chest off ball. Slowly lower. Stay within a painfree range.

Perform _____

Progress _____

Goal _____

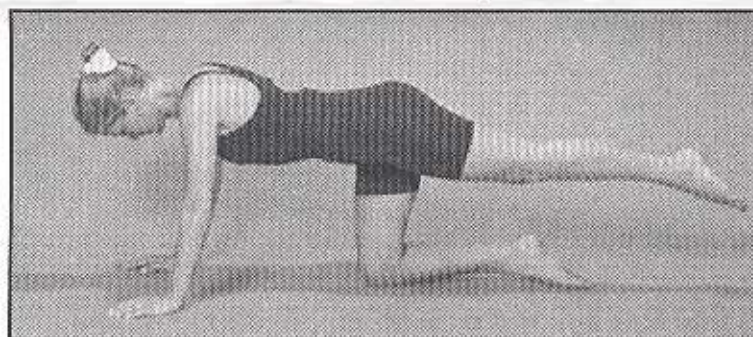


ALL FOURS #3 (ARM LIFT) & #4 (LEG LIFT)



#3. Alternate arms lifts while maintaining neutral spine.

VARIATIONS: 1. Lift arm out to side.
2. Lift arm back to hip.



#4. Alternate leg lifts while maintaining neutral spine.

VARIATION: Slide leg back only. Do not lift.

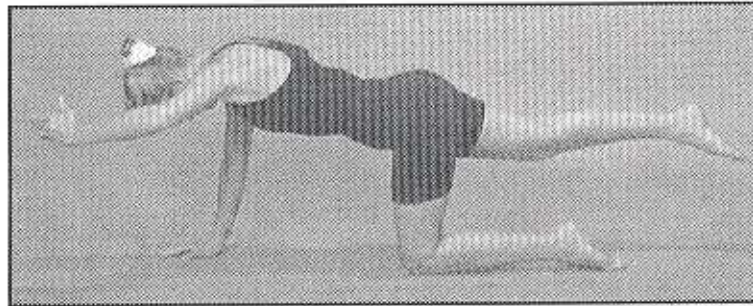
Perform _____.

Progress _____.

Goal _____.



ALL FOURS #5 (ARM/LEG LIFT)



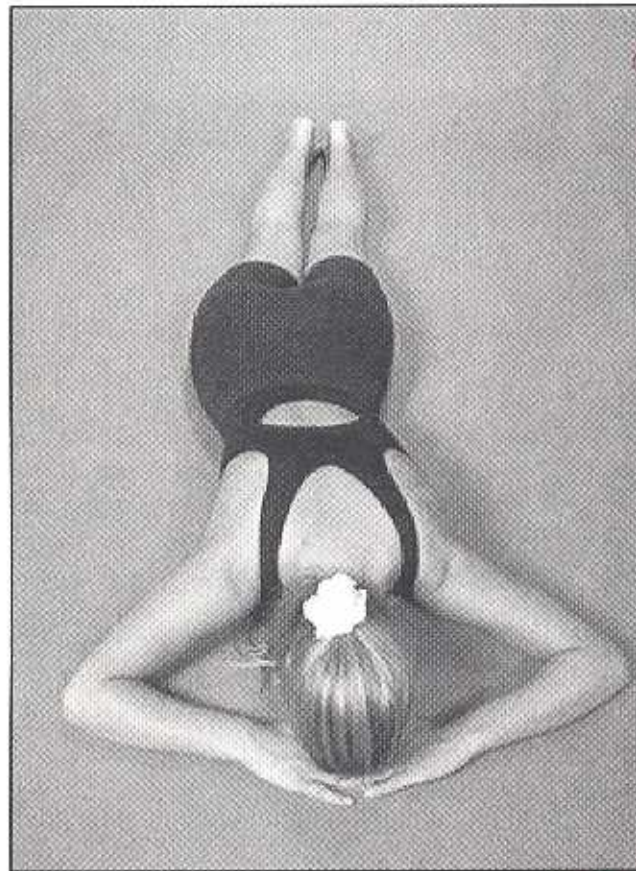
Alternate opposite arm and leg lifts while maintaining neutral spine.

Perform _____.

Progress _____.

Goal 2' _____.

PRONE SIDE GLIDE



*for the
disk
hern.*

Lie flat on stomach and move hips right/left.

- VARIATIONS:
1. From shifted position, rest on forearms.
 2. From shifted position, perform press-up.

*away
from
side of
pain
10x*

Hold _____.

Perform 6-8x day.



STANDING SIDE GLIDE



Stand with right/left shoulder against wall. Press hip toward wall.

VARIATION: From shifted position, bend backward, supporting low back with hands.

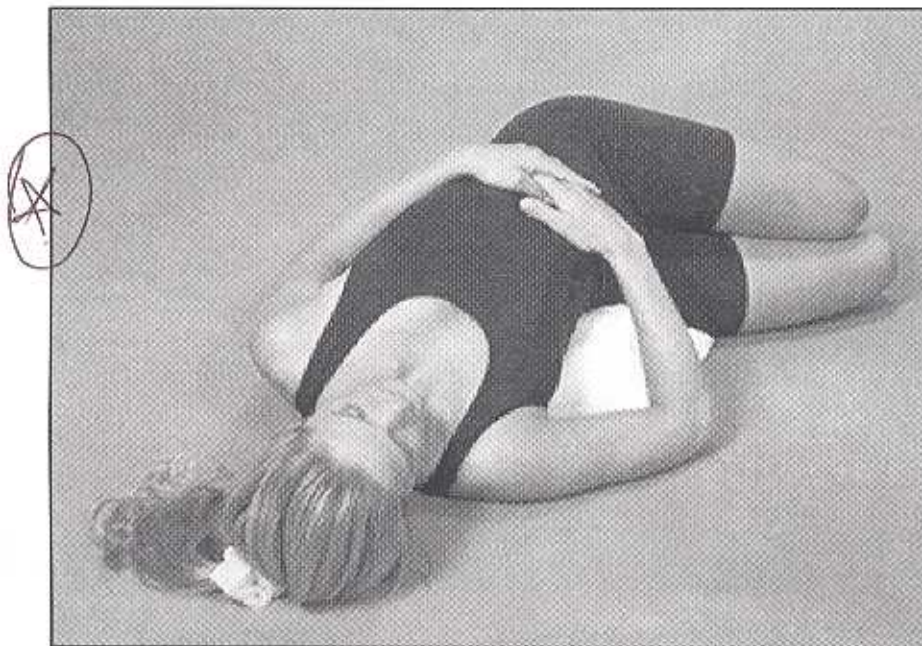
Hold _____.

Perform _____.

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SIDELYING POSITIONAL TRACTION



Lie on your right/left side over 0 pillow(s). Rotate top shoulder backward.

VARIATION: Rotate top shoulder forward.

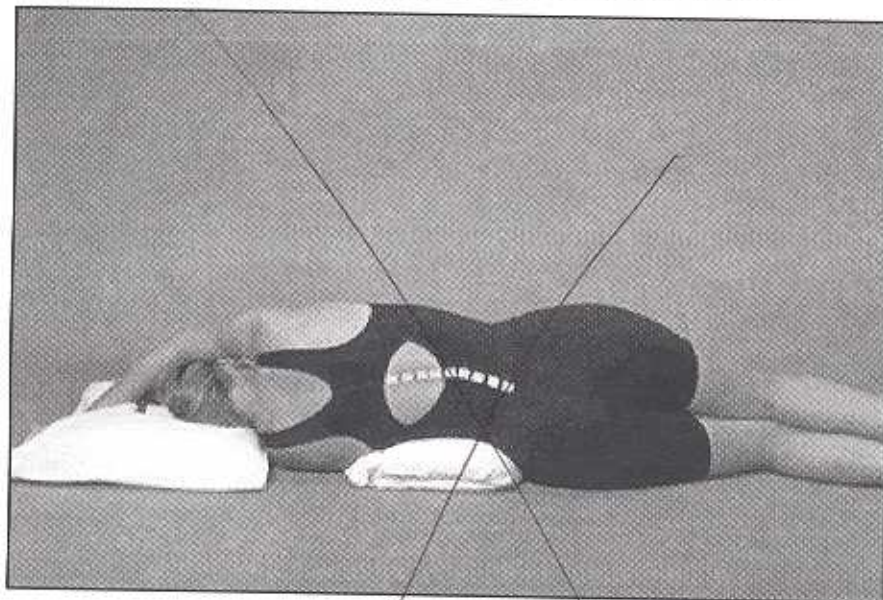
Hold 1-2 minutes.

Perform 5x/day.

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LATERAL TRUNK STRETCH



Lie on your right/left side over _____ pillow(s).

Hold _____.

Perform _____.

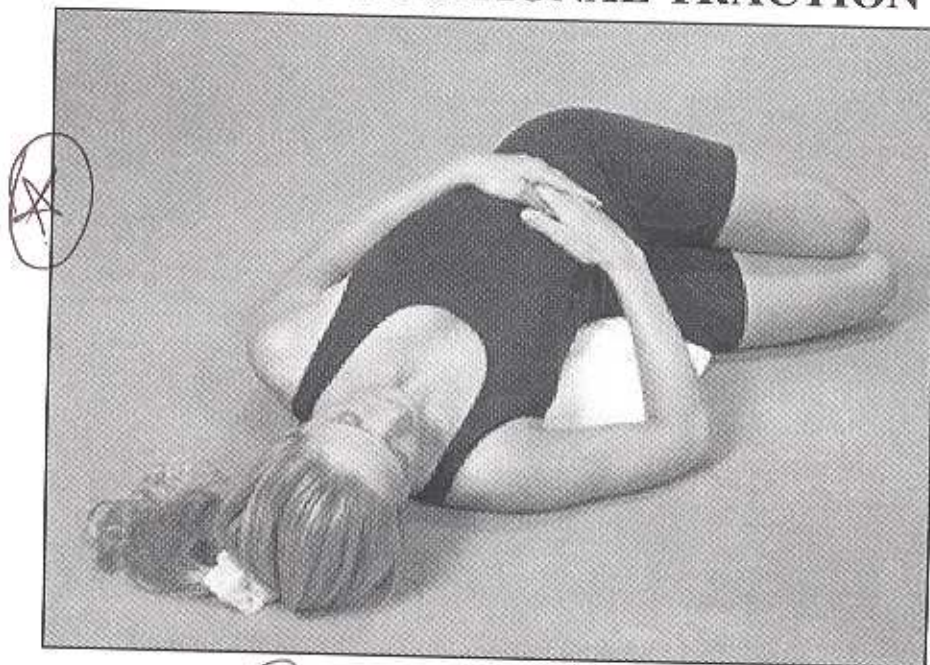
17-009

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SIDELYING POSITIONAL TRACTION



Lie on your right/left side over 0 pillow(s). Rotate top shoulder backward.

VARIATION: Rotate top shoulder forward.

Hold 1-2 minutes

Perform 5x/day