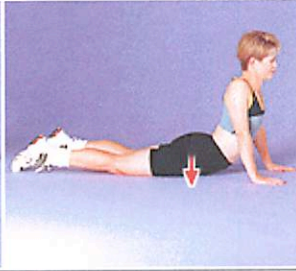
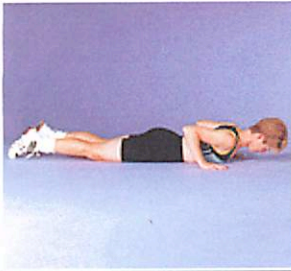


Pelvic Tilts Supine

Lying on back, knees bent with feet flat on the floor.
Arms 45° at sides with palms up.
Slowly rock pelvis backward to press small of back into floor
then slowly rock pelvis forward to push sacrum into floor,
allowing low back to arch.
Identify pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Prone Lumbar Extension

Lying on stomach, perform a "sloppy push up" by pushing
upper body up off the floor and keeping pelvis on the floor.
Try to straighten the elbows, letting spine sag and buttocks
relax.
Take a deep breath in, relax and lower upper body to floor and
repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

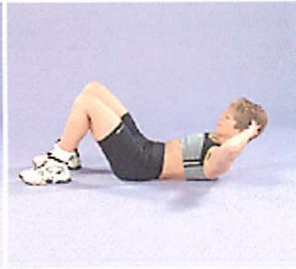
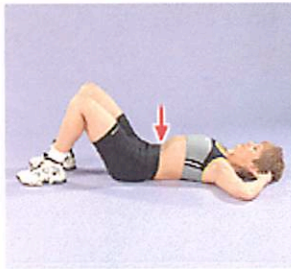


1/2 Side Bridge

Lying on one side with knees bent keeping knees, hip and
shoulder in line.
Support upper body on elbow, placing elbow directly under
shoulder.
Raise hip up off floor.
Avoid rotating forward or backward.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

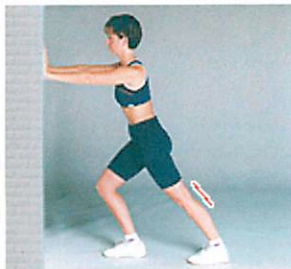


Abdominal Crunches

Lying on back with knees bent, feet flat on the floor and hands
resting behind head.
Suck stomach in to curl body up until shoulder blades are off
floor.
Keep stomach sucked in as you lower back down.
Keep chin in neutral, elbows back and do not pull on head.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

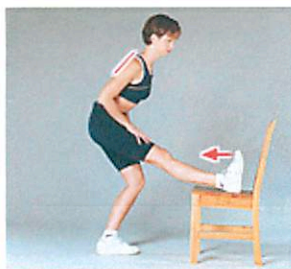


Gastrocs Wall

Standing in a lunge position, supporting upper body against
wall.
Keeping back foot heel on floor and knee straight, bend front
knee.
Shift body weight forward through pelvis to feel a stretch in the
upper calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings Standing

Stand facing square to a chair, feet shoulder width apart.
Place heel of one foot up on chair, keeping knee straight and
toes pulled back.
Slightly bend knee of supporting leg and direct buttocks
backwards to feel a stretch in the back of the thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

