

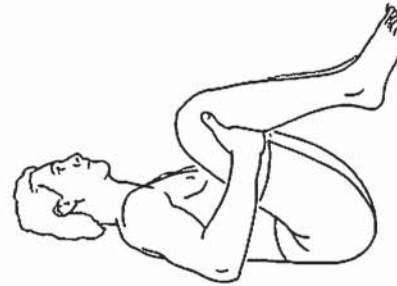
BACK - 1 Knee to Chest (Flexion)



Pull knee toward chest. Feel stretch in lower back or buttock area. Breathing deeply, hold ____ seconds. Repeat with other knee.

Repeat ____ times. Do ____ sessions per day.

BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

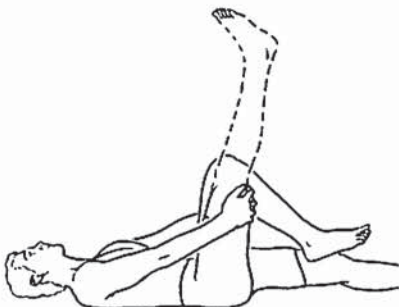
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

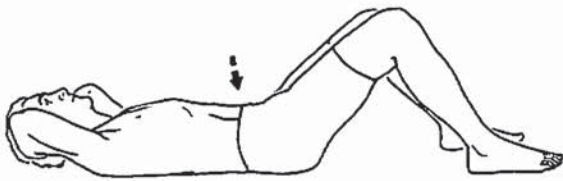
BACK - 54 Lumbar Rotation Stretch



Lie on back with right knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 30 seconds.

Repeat 3 times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 5 Extremity Flexion (Hook-Lying)



Tighten stomach and slowly lower right arm over head until back begins to arch. Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

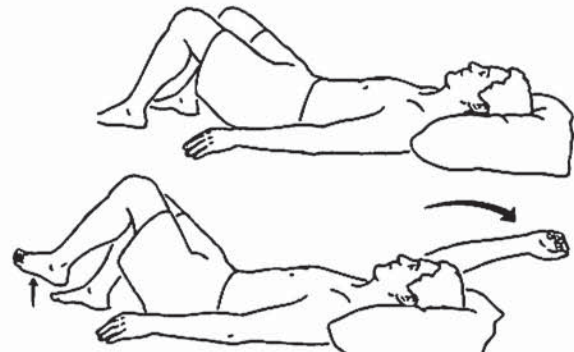
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg _____ inches from floor. Keep trunk rigid. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

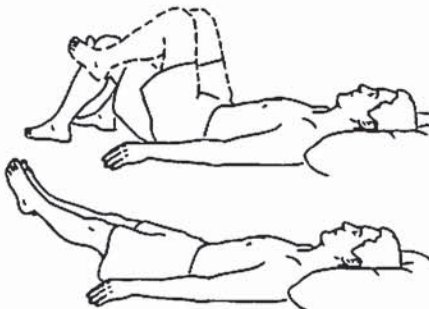
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise right leg and lower opposite arm over head. Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

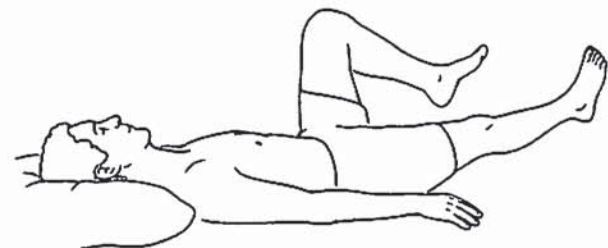
TRUNK STABILITY - 14 Double Knee Lift



With knees bent, slowly bring both knees toward chest, keeping stomach tight. Then extend legs without touching feet to floor. Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 15 Advanced Straight Leg Raise



With knees bent and feet _____ inches from floor, slowly straighten right leg, keeping stomach tight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 24 Isometric Gluteals



Tighten buttock muscles.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

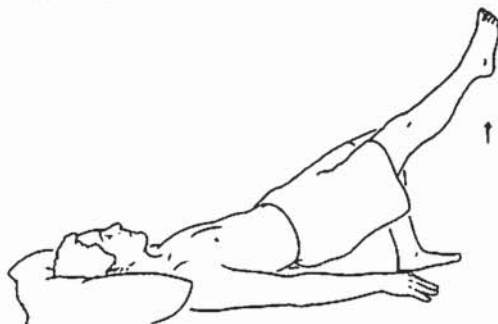
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise



With legs bent, lift buttocks _____ inches from floor. Then slowly extend right knee, keeping stomach tight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

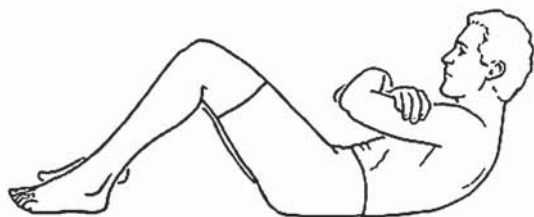
BACK - 24 Diagonal Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to right side as shoulder blades clear floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 25 Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

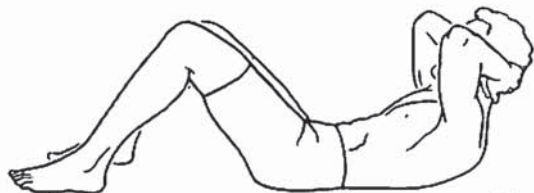
BACK - 26 Diagonal Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Lift head and shoulders from floor while rotating to right side.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

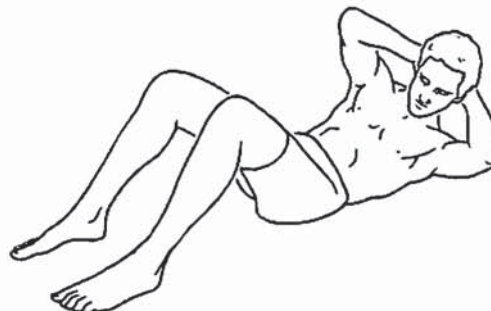
BACK - 27 Curl-Up: Phase 3



Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders from surface.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

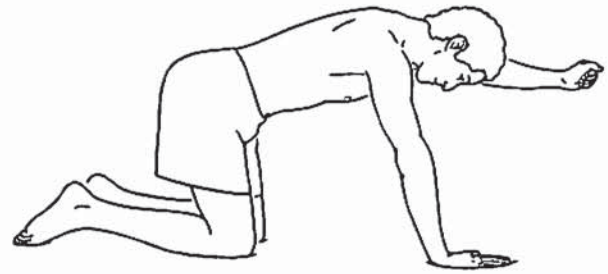
BACK - 28 Diagonal Curl-Up: Phase 3



Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders while rotating to right side.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 19
Upper Extremity Extension (All-Fours)



Tighten stomach and raise right arm parallel to floor.
Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

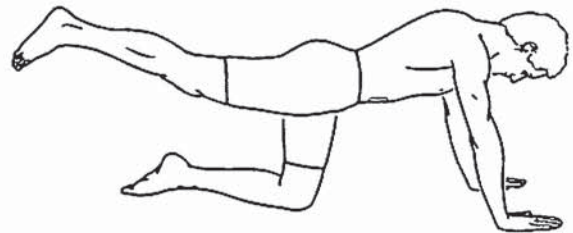
TRUNK STABILITY - 17 Straight Leg Raise (Prone)



Abdomen and head supported, keep right knee locked and raise leg at hip. Avoid arching low back.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 8 Hip Extension (All-Fours)



Lift right leg back with knee slightly flexed. Do not arch neck or back.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

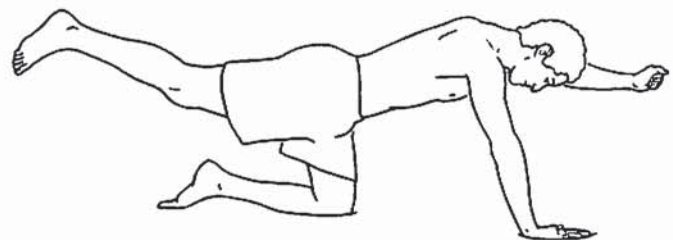
TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, right knee locked, raise leg and opposite arm _____ inches from floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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

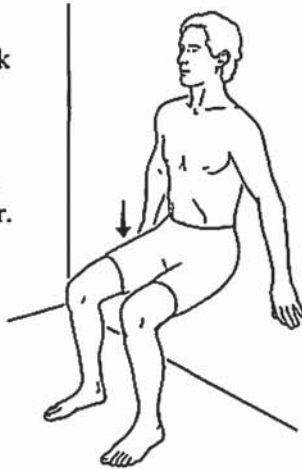


Tighten stomach and raise right leg and opposite arm.
Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 31 Wall Slide

Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until thighs are parallel to floor. Keep back flat.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

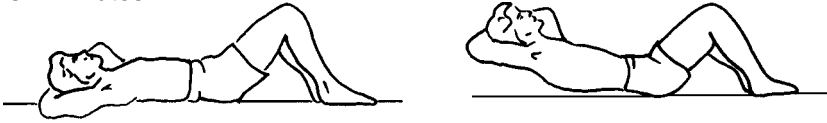
ADDENDUM: ADDITIONAL EXERCISES FOR LUMBAR STABILIZATION EXERCISES

GLUTEAL STRENGTHENING

Lie on your stomach. Squeeze your buttocks together and hold.

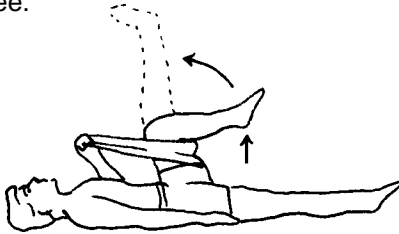
ABDOMINAL STRENGTHENING

Lie on your back with your knees bent and feet flat on the floor. Clasp hands behind your head and **lift your head and shoulders** from the floor so that your **shoulder blades clear the floor**. Hold for as long as you can. The goal is 2 minutes.



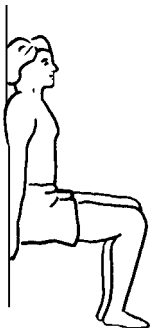
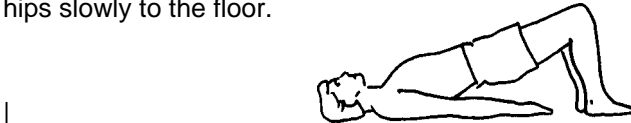
HAMSTRINGS

Lie on your back with one leg out straight. Loop a towel around the other thigh and pull it up toward your chest. Hold this position as you attempt to straighten your knee.



BRIDGING

Lie on your back with knees bent and feet flat on the floor. Tilt your pelvis and then lift both hips off the floor and hold. Be sure not to arch your back. Lower hips slowly to the floor.



QUADRICEPS STRENGTHENING

1. Stand with your back against a wall with your feet about 12 inches from the wall. Flatten your low back against the wall and slide your back down the wall bending your knees to a 90° angle. Hold this position for as long as possible (goal is 2 minutes). Slide back up the wall at the completion of the exercise.

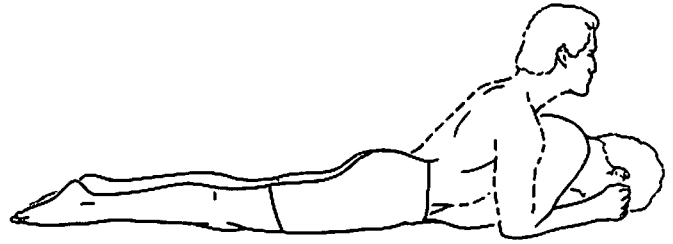
BACK - 7 Gluteal Sets



Tighten buttocks while pressing pelvis to floor.
Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

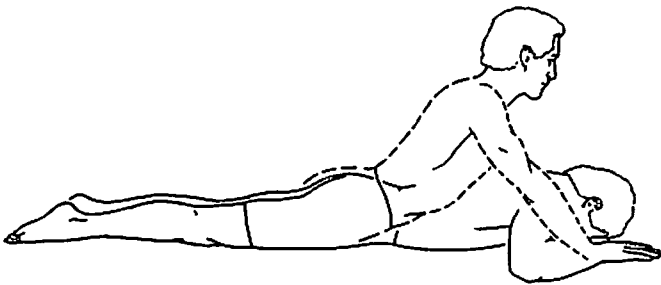
BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor.
Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 2 Press-Up

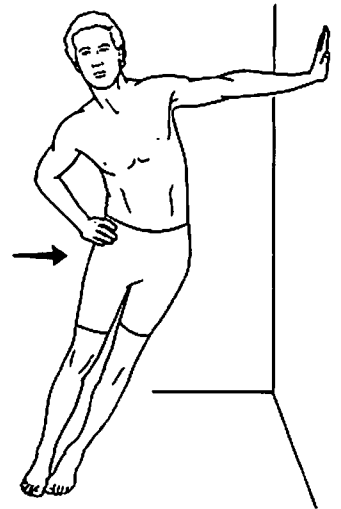


Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 6 Wall Lean Stretch

With right hand against wall, slowly stretch hips toward wall, other arm supporting trunk. Hold _____ seconds. Relax.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

BACK - 44 Backward Bend (Standing)

Arch backward to make hollow of back deeper.
Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

