



PELVIC TILT ELASTIC BAND EXTENSION

While lying on your back, pull elastic bands downward towards your feet. Maintain your low back flat on the floor the entire time.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



ELASTIC BAND BRIDGE

While lying on your back, hold an elastic band down around your waist as shown. Then tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed.

Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



ELASTIC BAND - ANTI-ROTATION

Start in the kneeling position with the DOWN KNEE closest to the elastic band anchor. Next, with your hands at your chest, slowly move them outward in front of your body until your elbows are extended.

Make sure to not allow your trunk to rotate during the exercise.

Return arms to the original position.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day

COMMENTS:

Strive for exercise 2 x per day, but 1x per day is a must. There should be no pain while exercising. End each session with the diaphragmatic breathing. Cardiovascular warm for at least 10 min is recommended prior to stretches.

FOAM ROLL - SPINE ROLL

Repeat 5 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



Start by lying on your back with a foam roll under your back.

Place your hands on your stomach and then slowly roll forward and back across your back using your legs as shown.

FOAM ROLL - BICYCLE

Repeat 5 Times
Hold 4 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



Lie on a foam roll so that your head and buttock makes contact. Flatten your low back and press it against the roll.

Next, bend your knees and begin to straighten one leg out forward as shown. Return it back and then extend the other leg. Be sure to not allow your low back to arch upward. Shorten the range if needed.

Maintain your balance and your back flat the entire time.



STM to Trap/Rhomboids with Foam Roller

Repeat 5 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day

Position foam roller on thoracic spine.

Cross UE's, rolling slightly to the right or left.

Roll superior/inferior to perform STM.



QUADRUPED MULTIFIDUS LIFTS

While in a crawl position and one knee on a raised surface, move your other knee up off the floor using your lower back muscles. Then, return to original position.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



EXERCISE BALL - PELVIC TILTS

While sitting on an exercise ball, slowly arch and flatten your lower back.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day



EXERCISE BALL - SUPINE TRUNK ROTATION

While lying on your back with an exercise ball under your lower legs, slowly roll the ball side to side to gently rotate your back.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day

