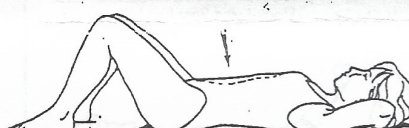
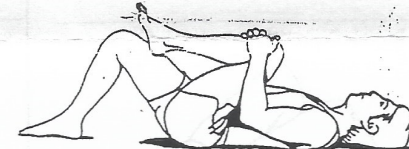


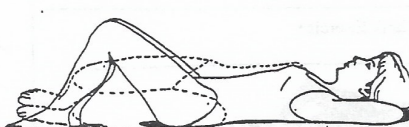
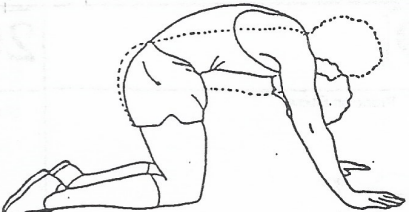
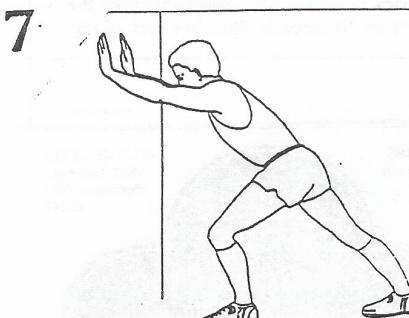
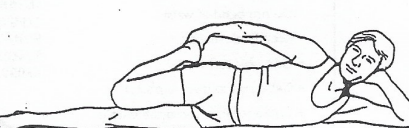
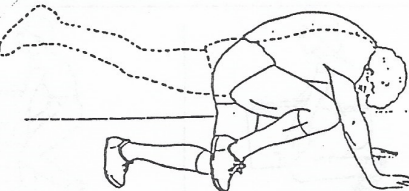


ry has healed. This will decrease the chance of re-injury and future back problems.

**THIS PROGRAM SHOULD BE DONE ONLY WITH THE APPROVAL OF YOUR DOCTOR.**




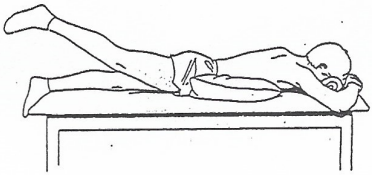
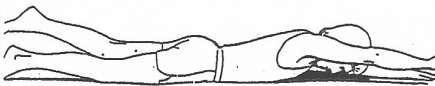

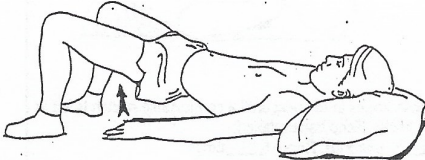
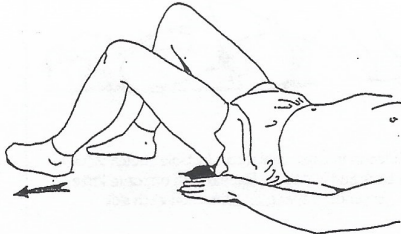
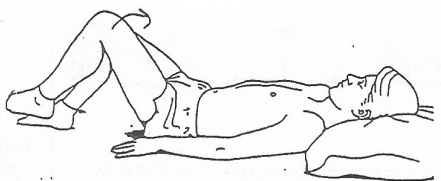
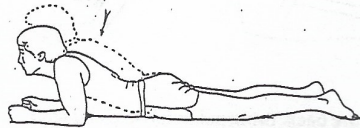
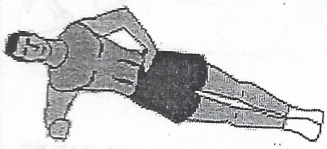
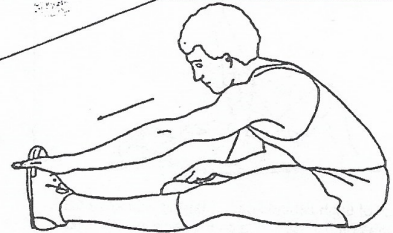
### DIRECTIONS FOR EXERCISES

1. Study the position of each figure carefully before performing each exercise.
2. Do your exercises at least 3 to 5 times a week, daily is preferable.
3. Discontinue any exercise which causes pain, until you can add it to the program without discomfort. If you have any questions, please call your doctor.
4. Work into your routine gradually, add additional repetitions as you can tolerate comfortably.
5. Perform all exercises smoothly, never jerk or bounce from one position to another.

<div>1</div> <div>BACK - Pelvic Tilt</div>  <div>Flatten back by tightening stomach muscles and buttocks. Hold _____ seconds. Repeat _____ times.</div>	<div>2</div> <div>BACK - Single Knee to Chest Stretch</div>  <div>Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold _____ seconds. Repeat _____ times on each side.</div>	<div>3</div> <div>BACK - Double Knee to Chest Stretch</div>  <div>Pull both knees in to chest until a comfortable stretch is felt in lower back. Keep back relaxed. Hold _____ seconds. Repeat _____ times.</div>
<div>4</div> <div>BACK - Active Hamstring Stretch</div>  <div>Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold _____ seconds. Repeat _____ times on each side.</div>	<div>5</div> <div>BACK - Lower Trunk Rotation Stretch</div>  <div>Keeping back flat and feet together, rotate knees to one side. Hold _____ seconds. Repeat _____ times on each side.</div>	<div>6</div>  <div>Arch entire back. Bring pelvis forward and chin to chest while tightening abdominals. Hold 2-3 seconds.</div>
<div>7</div>  <div>From position shown, lower body toward wall by bending elbows. Keep rear heel on floor. Hold 30 seconds.</div>	<div>8</div> <div>BACK - Quadriceps Stretch</div>  <div>Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold _____ seconds. Repeat _____ times on each side.</div>	<div>9</div>  <div>Tuck leg to chest, then drive leg back and up until it is straight and level with body.</div>



# Trunk Stability Exercises: 12-21

<p><b>10</b></p>  <p>Push chest toward floor, reaching forward as far as possible. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.</p>	<p><b>11</b></p>  <p>Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed. Hold ____ seconds. Repeat ____ times.</p>	<p><b>12</b></p> <p>TRUNK STABILITY - Heel Squeeze</p>  <p>Lying on stomach with pillows supporting abdomen and forehead, bend knees and gently squeeze heels together.</p> <p>hold ____ seconds. repeat ____ times.</p>
<p><b>13</b></p> <p>TRUNK STABILITY - Prone Straight Leg Raise</p>  <p>Keep knee locked and raise leg at hip. Be careful to avoid arching low back. Hold ____ seconds. Repeat ____ times on each side.</p>	<p><b>14</b></p> <p>BACK - Alternate arm and leg lift</p>  <p>Keep knee locked and lift leg 8 - 10 inches from floor, along with opposite arm. Hold ____ seconds. Repeat ____ times on each side.</p>	<p><b>15</b></p> <p>BACK - Upper Body Extension</p>  <p>With pillow supporting abdomen, clasp hands behind back and lift upper body off floor. Keep chin tucked while lifting. Hold ____ seconds. Repeat ____ times.</p>
<p><b>16</b></p> <p>TRUNK STABILITY - Bridging</p>  <p>Slowly raise buttocks from floor, keeping stomach tight. Hold ____ seconds. Repeat ____ times.</p>	<p><b>17</b></p> <p>TRUNK STABILITY - Hook-Lying Heel Walk</p>  <p>Tighten stomach muscles as you slowly walk feet out in short steps until legs are nearly straight or until back starts to arch. Repeat ____ times.</p>	<p><b>18</b></p> <p>TRUNK STABILITY - Hook-Lying Bent Leg Lift</p>  <p>Tighten stomach muscles to keep trunk rigid and slowly raise one leg three to four inches from floor. Hold ____ seconds then slowly lower, keeping trunk rigid. Repeat ____ times.</p>
<p><b>19</b></p> <p>BACK - Prone on Elbows</p>  <p>Raise up on elbows as high as possible, keeping hips on floor. Hold ____</p>	<p><b>20</b></p> <p>Side Plank Exercise</p>  <p>Lie on your right side with your right elbow on the floor. Lift yourself up with your right arm to form a plank and keep your left arm at your side. Hold 6 sec. Repeat 6x - gradually work your way up to 10 sec and 10x. Repeat with the other side.</p>	<p><b>21</b></p>  <p>Keep back of leg on floor. Bend only from the waist. Hold 30 seconds. Stretches back of leg.</p>