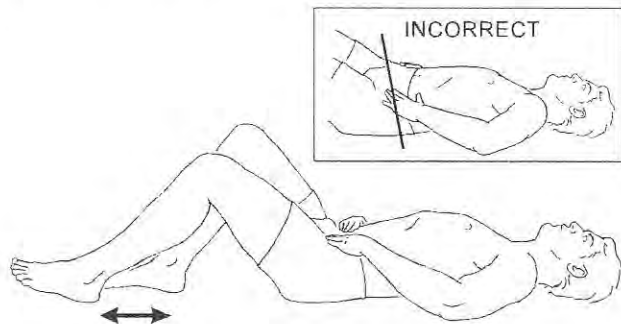


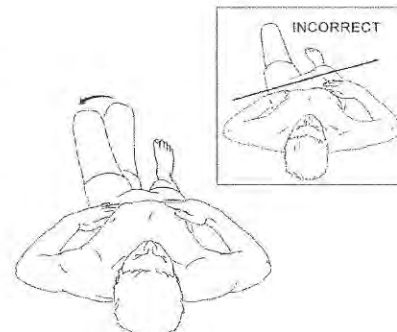
LOWER TRUNK - 8 Heel Slide: 4-10 Inches
Transverse Plane Stability



Slide heel 4 inches down. Be sure pelvis does not rotate.
Do 10 times. Restabilize pelvis. Repeat with other leg.
Do 2 sets, 1 times per day.

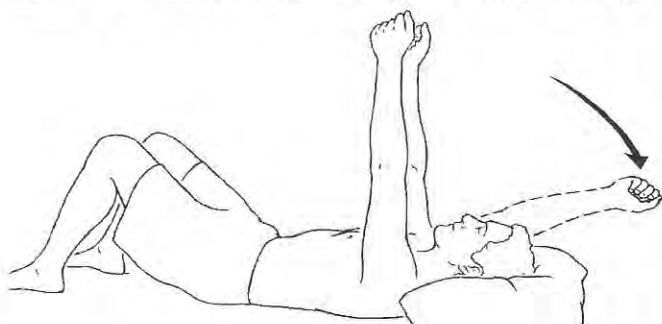
LOWER TRUNK - 12 Hip External Rotation
Transverse Plane Stability

One knee bent, one leg straight. Slowly roll bent knee out. Be sure pelvis does not rotate. Do 10 times. Restabilize pelvis. Repeat with other leg.



Do 2 sets.
1 times
per day.

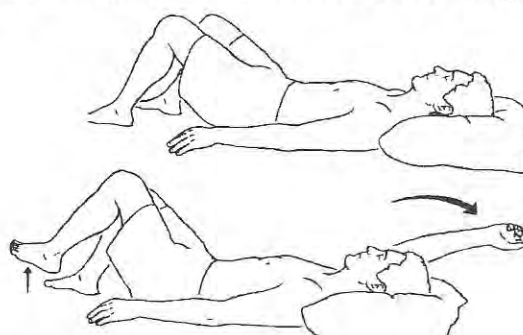
TRUNK STABILITY - 5 Extremity Flexion (Hook-Lying)



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

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

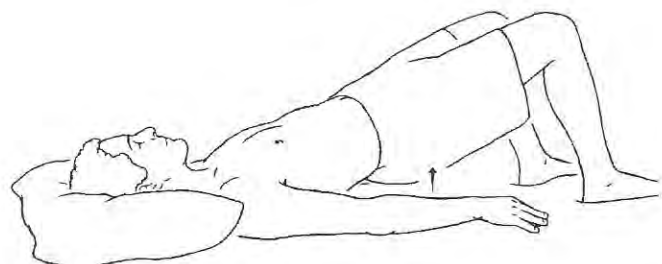
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise left leg and lower opposite arm over head. Keep trunk rigid. Hold 3 seconds. Alternate with right leg.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

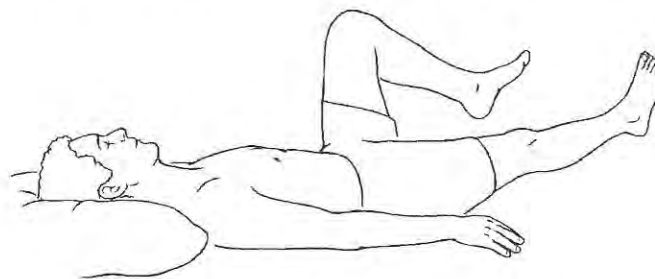
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight. Hold 3 seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

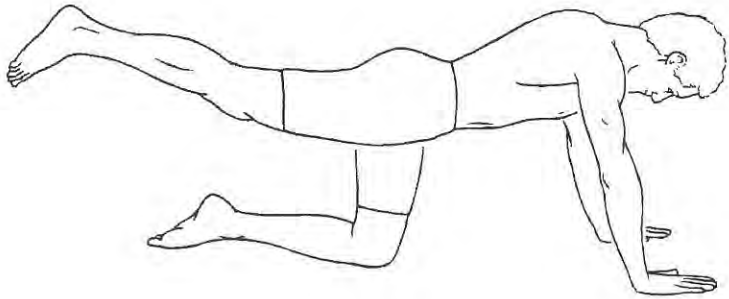
TRUNK STABILITY - 15 Advanced Straight Leg Raise



With knees bent and feet inches from floor, slowly straighten right leg, until you feel back begin to arch. Return to start position, keeping stomach tight. Alternate with left leg.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

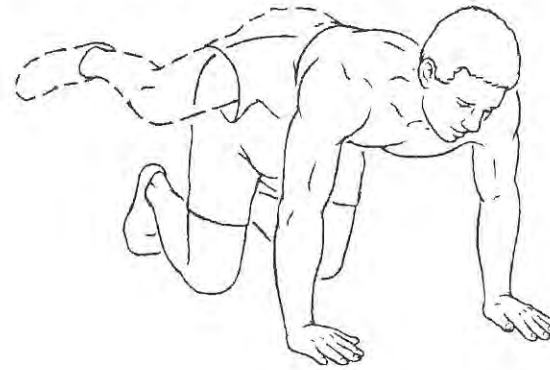
BACK - 8 Hip Extension (All-Fours)



Lift right leg back with knee slightly flexed. Do not arch neck or back. Hold 3 seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

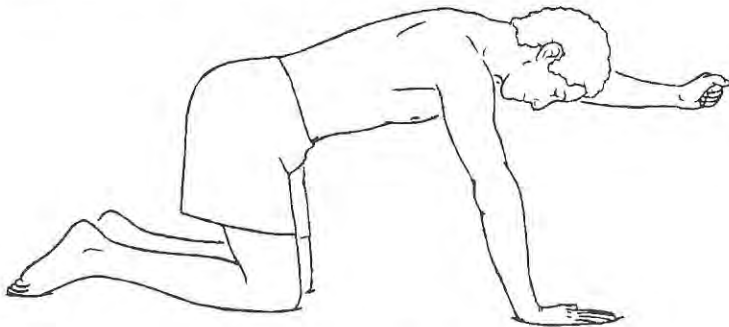
HIP / KNEE - 81 Hip Abduction (All-Fours)



Keeping knee bent, lift right hip out to side. Hold 3 seconds. Alternate with left hip.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

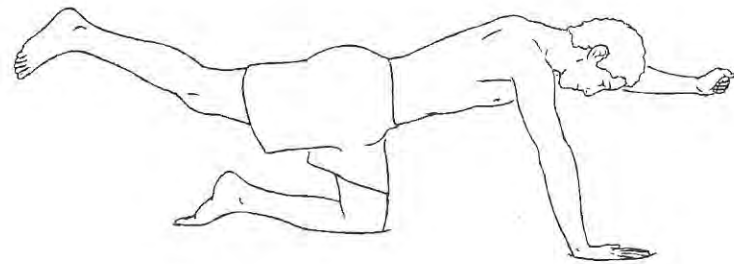
TRUNK STABILITY - 19
Upper Extremity Extension (All-Fours)



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

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

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



Tighten stomach and raise right leg and opposite arm. Hold 3 seconds, keeping trunk rigid. Alternate with left leg.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.