

Active Health Solutions

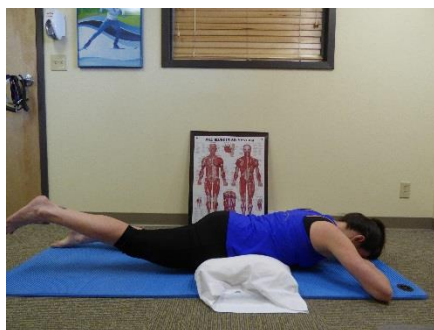
Lumbar Stabilization: Prone & Quadraped Track



Make sure you...

- Maintain neutral pelvis.
- Maintain abdominal bracing/kegel.
- BREATHE.
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly.
- STOP if pain is aggravated, but muscle burn is OK.

	Repetitions
	Sets
	Second Hold
	Times per day/week



Hip Extension

With a pillow supporting the abdomen, lift the leg ____ inches from the floor, keeping knee locked. Repeat on the opposite side.

Hold _____ seconds.

Do _____ sets per session.

Repeat ____ times per day.



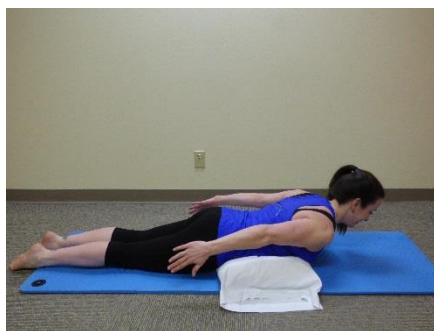
Alternate Leg/Arm Lift

With a pillow supporting the abdomen, lift one arm and opposite leg _____ inches from the floor, keeping knee locked and straight. Repeat on the opposite side.

Hold _____ seconds.

Do _____ sets per session.

Repeat ____ times per day.



Upper Body Extension

With pillow supporting abdomen, place hands at the sides and lift upper body from floor. Keep chin tucked while lifting and legs together.

Hold _____ seconds.

Do _____ sets per session.

Repeat ____ times per day.



Hip Extension

First, establish proper pelvic tilt, engage core and kegel. Slide the toe of one leg along the floor until knee is straight. Squeeze the buttocks to raise the leg toward the ceiling until it is in line with the torso. Do not arch neck or back. Repeat on the opposite side.

Hold _____ seconds.

Do _____ sets per session.

Repeat _____ times per day.



Upper Body Extension

Find proper pelvic tilt and engage core. Raise one arm in front. Do not arch neck. Keep back flat. Repeat on the opposite side.

Hold _____ seconds.

Do _____ sets per session.

Repeat _____ times per day.



Arm/Leg Extension: Alternate

Find proper pelvic tilt and engage core. Raise arm and opposite leg. Do not arch neck or back. Repeat on the opposite side.

Hold _____ seconds.

Do _____ sets per session.

Repeat _____ times per day.



Advanced: Quadruped on the Ball

Lie comfortably on the ball, supporting your pelvis and abdomen. Find proper pelvic tilt and engage core. Straighten your supporting legs and raise one arm and the opposite leg. Do not arch neck or back. Repeat on the opposite side.

Hold _____ seconds.

Do _____ sets per session.

Repeat _____ times per day.