

Active Health Solutions

Lumbar Stabilization: Side-Lying 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.
- Maintain a straight line from the top of the head to the knees or feet.
- Do not allow the waist to bend forward.

	Repetitions
	Sets
	Second Hold
	Times per day/week



Side Bridge: Core Program

1. Knees bent
2. Leg straight
3. Rotate pelvis
4. Side-to-side roll

Leg/Trunk Raises

1. Leg raises (hip abduction) while lying on side (with or without resistance)
2. Trunk side raises