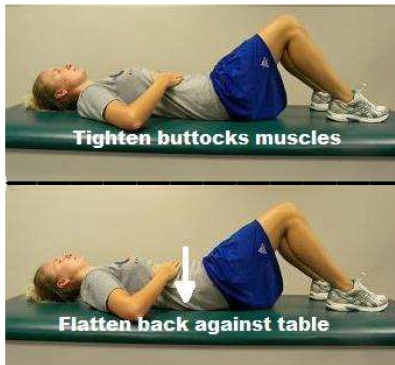


Core Muscle Injury

Home Exercise Program



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 15 Times
Hold 5 Seconds
Complete 2 Sets
Perform 3 Times a Week



KNEE FALL OUT

While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time lower the leg less to maintain good control.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a Week

Video # VVETKMP6V



BRACE SUPINE MARCHING

While lying on your back with your knees bent, start with posterior pelvic tilt and bracing your abdominal muscles. Slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

Start with this, once you have mastered this, move to the TA with Table Drops

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a Week

Video # VVQK9AVP5



TA with Table Top Drops - start once you are able to complete 2-3 sets of the supine marching while maintaining stable pelvis and spine.

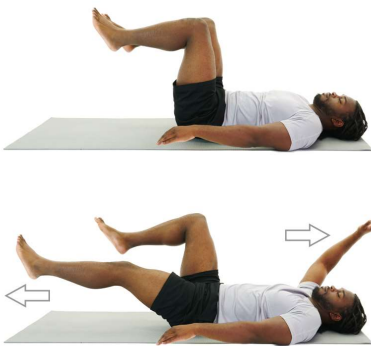
Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times a Week

Start by activating your TA and maintain pelvic alignment.

Start with knees bent and feet in air, slowly lower one leg down until your foot touches the floor then control the leg back up into the start position. Repeat on other side.

Maintain pelvic stability throughout exercise.

Once you have mastered this - move on to Dead Bug



DEAD BUG

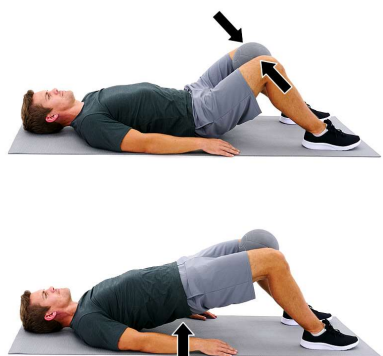
While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times a Week

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

Video # VVD3S264Y



MEDICINE BALL BRIDGE

While lying on your back with knees bent, squeeze a ball between your knees and raise your buttocks off the floor/bed.

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week

Video # VVFU2ZDBQ



PLANK - KNEES (start here if needed, progress to full length plank)

While lying face down, lift your body up on your elbows and knees. Try and maintain a straight spine/pelvis.

Video # VV4GZG325



Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.

Video # VV2PBUD23



Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Times a Day



Standing Lat pull down

Standing with your arms straight out in front of you, brace your abdominal muscles and pelvis. Then pull the band straight down toward your side, keeping your arms straight throughout the whole movement. Then slowly return the band with your arms straight in front of you. Repeat. Make sure you are squeezing your shoulder blades together during the movement. You could also do this on a cable machine.

Video # VVJ2UBXKP

Repeat	15 Times
Hold	2 Seconds
Complete	2 Sets
Perform	3 Times a Week



SINGLE LEG DEADLIFT

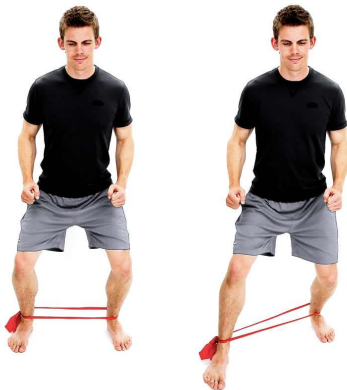
Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.

Return to starting original position and repeat. Only go as low as you can maintain a stable spine and pelvis, work to go further down as strength and control increase.

Video # VVNNXYN8Y

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Times a Day



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking 15-20 steps forward, reverse the direction taking steps back until you return to the starting position. Repeat.

Video # VVUDA3SU5

Repeat	20 Times
Complete	2 Sets
Perform	3 Times a Week



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking 15-20 sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Video # VVPKJ9GG9

Repeat	20 Times
Complete	2 Sets
Perform	3 Times a Week

