

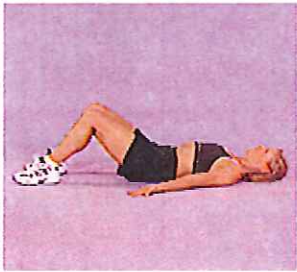
Notes: knee on ground.

Hip Flexors / High Lunge

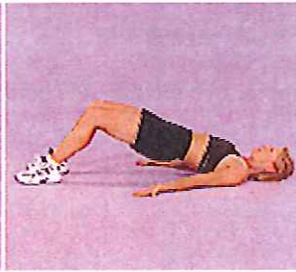
Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot. Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

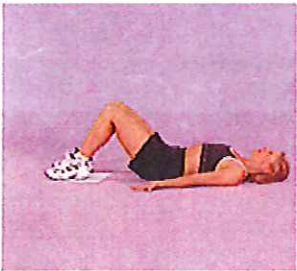


Bridge

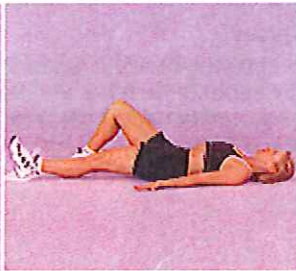
Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

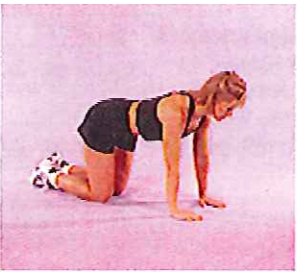


Abdominal Hollow / Leg Drag

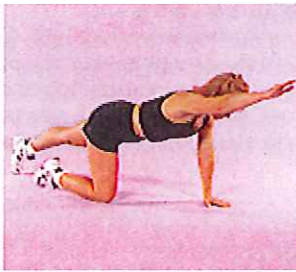
Lying on back with knees bent and feet flat on floor. Slowly straighten one leg out along floor while maintaining an abdominal hollow. Slide leg up to starting position and alternate.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

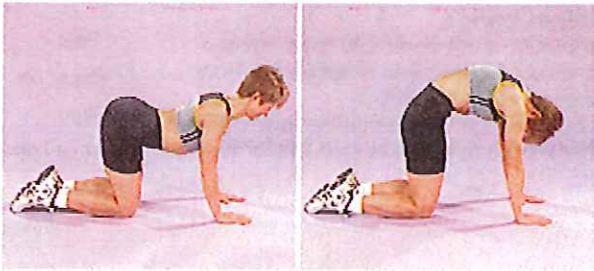


Quadruped Arm Raise / Leg Drag

On hands and knees on the floor. Slowly raise one arm up over head and straighten opposite leg out behind while keeping toe on floor. Keep spine level, chin tucked and maintain an abdominal hollow throughout the movement.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



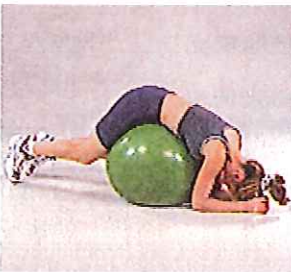
Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2
Reps:	10
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Spinal Flexion - Ball

Lying on stomach over gym ball.
Drape body over ball and relax.
Slowly roll back and forth to stretch out spine.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



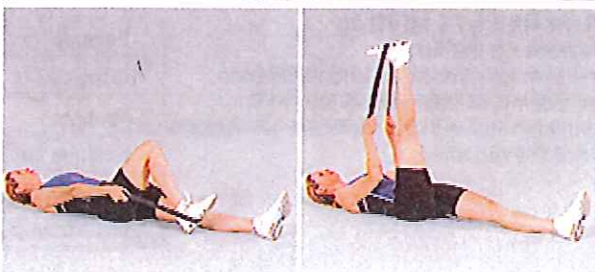
Seated Flexion

Sitting at edge of chair.
Suck stomach in and slowly bend upper body forward, bending vertebra by vertebra from the head down.
Bend forward at the waist (not at the hips) to feel a stretch in the low back.

Sets:	
Reps:	6x
Weight:	
Hold:	10 sec
Rest:	
hourly	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



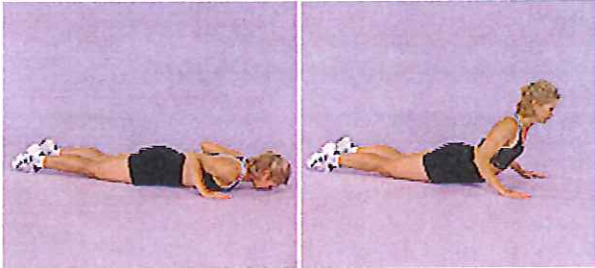
Hamstrings Supine - Belt

Lying on back, bring one knee to chest and place a belt or scarf around foot. Straighten leg up toward ceiling using the scarf to increase the stretch and keep foot pulled back. Hold, breath, feeling a release in the back of the leg. Return to start position and repeat with opposite leg.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Prone Lumbar Extension

Lying on stomach, perform a "sloppy push up" by pushing upper body up off the floor and keeping pelvis on the floor.

Try to straighten the elbows, letting spine sag and buttocks relax.

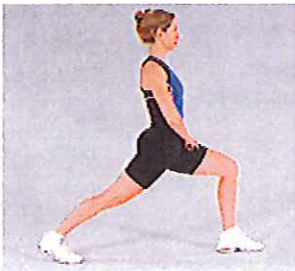
Take a deep breath in, relax and lower upper body to floor and repeat.

Sets:	1
Reps:	12
Weight:	
Hold:	10 sec
Rest:	30-60
hourly	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Extend as far as comfortable each time, relax the spine.



Hip Flexors / High Lunge

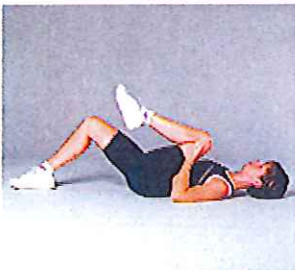
Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot.

Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Single Knee to Chest

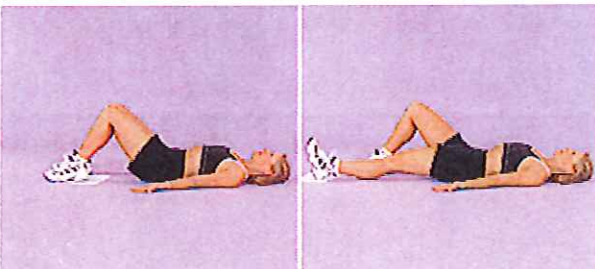
Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well).

Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Abdominal Hollow / Leg Drag

Lying on back with knees bent and feet flat on floor.

Slowly straighten one leg out along floor while maintaining an abdominal hollow.

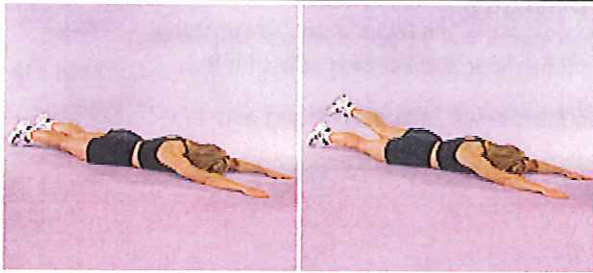
Slide leg up to starting position and alternate.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Keep abs sucked in and the low back in neutral position.



Leg Raise - Prone

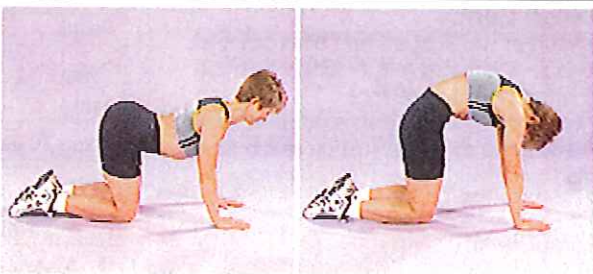
Lie face down with a towel or pillow under pelvis.
Maintaining an abdominal hollow, slowly raise one leg up
off the floor and hold.
Lower leg back to floor and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

Pre set the gluts by squeezing them together before raising leg.

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up
toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

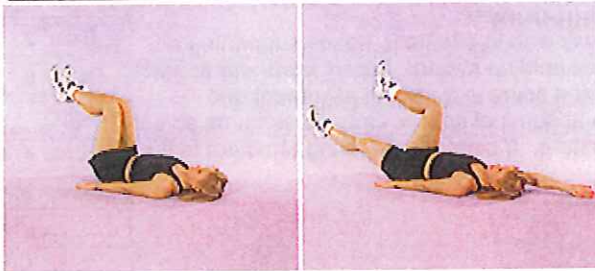
Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

Find your painfree range of motion.

Ice before and after exercises.

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



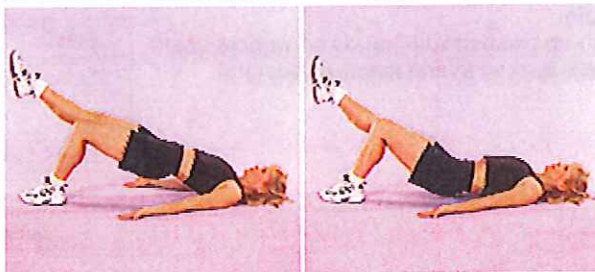
Abdominal Hollow Leg / Arm Extension

Lying on back with feet in the air, knees bent to 90° and arms straight up in front. Slowly straighten one leg out and raise the opposite arm over head to the floor. Maintain abdominal hollow throughout movement. Return to starting position and repeat with opposite side.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



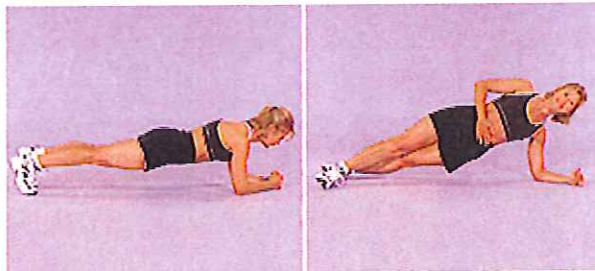
Bridge One Leg Dips

From the bridge position, maintain pelvic tilt and abdominal hollow. Raise and extend one leg out until it is straight. With control, slowly lower pelvis down to floor and raise back up to the starting position.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



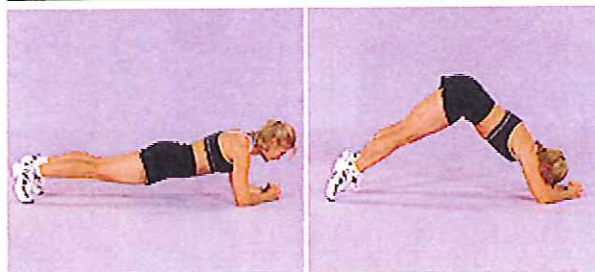
Plank to Side Bridge - Forearms

Support body in a plank position on forearms with feet shoulder width apart. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal (abdominal hollow) throughout exercise. Turn body as a unit into a side bridge position by pivoting on the feet and shifting weight over one shoulder. Hold, return to plank and alternate sides.

Sets:	2
Reps:	6
Weight:	
Hold:	4 -10 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



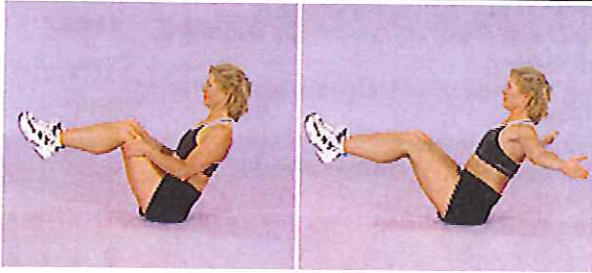
Front Plank to Pike

Support body in a plank position with hands shoulder width apart. Keep a straight line through the knee, hip and shoulder. Suck abs in and exhale while raising buttocks up to the ceiling to end in a pike position.

Sets:	2
Reps:	6
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



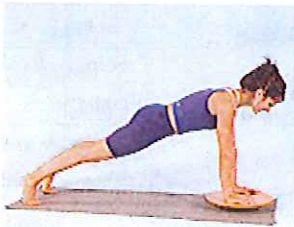
'V' Hold - Unsupported

Sit up in a V pose with knees bent, hands supporting on thighs and chest held up strong. Slowly lower upper body backward keeping spine in a neutral alignment and maintaining an abdominal hollow. Only go as far as able, maintaining posture. If comfortable, bring arms out to the side. Hold.

Sets:	2
Reps:	6
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



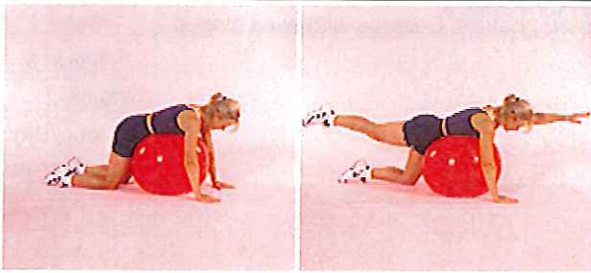
Plank - Wobble

Maintain a push-up position with hands on wobble board. Keep abdominals sucked in and maintain postural control.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



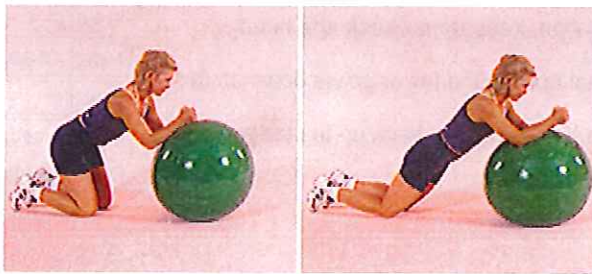
Quadruped Arm / Leg Raise

Lying on stomach over ball with hands and feet on floor. Slowly extend one leg out behind while at the same time raising opposite arm up in front until parallel with floor. Return arm and leg to floor and alternate. Keep trunk square and stable and maintain abdominal hollow.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4-6
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



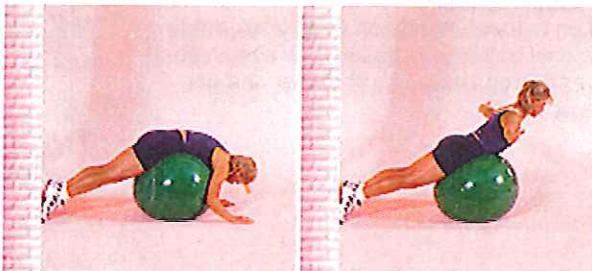
1/2 Upper Body Plank

In a kneeling 'prayer' position with forearms on ball. Lean upper body toward a 45° maintaining postural alignment and abdominal hollow. Hold.

Sets:	2
Reps:	3
Weight:	
Hold:	10-30 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



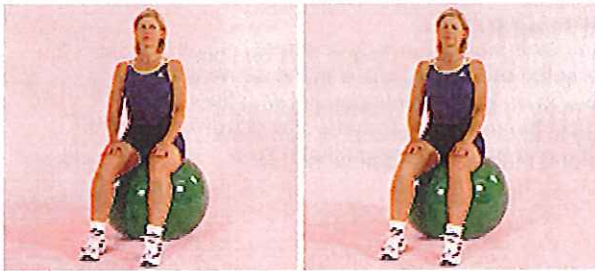
Airplane

From a kneeling position with ball in front of stomach, place toes against wall and raise upper body onto ball so that ball rests under pelvis. Position arms 90° to the sides with thumbs pointing up to ceiling. Perform an abdominal hollow and pelvic tilt to maintain stability, then raise upper body up until rib cage is just off ball (ears, shoulders and hips should be in line). Hold, lower and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4-6
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



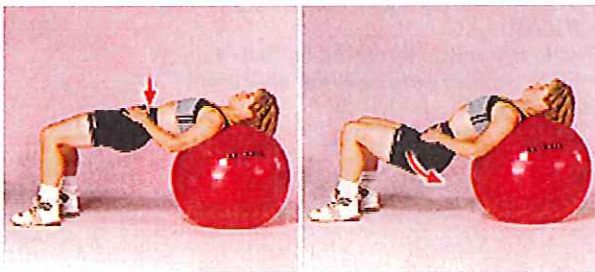
Notes:

Ball Sit with Eyes Closed

Sitting on ball in good posture. Balance with eyes closed.

Sets:	2
Reps:	6
Weight:	
Hold:	10 - 30 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



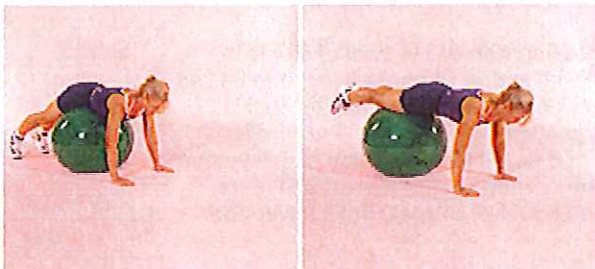
Notes:

Bridge

From a bridge position, keep upper back and head supported on ball. Maintain abdominal hollow and lower pelvis down as far as comfortable. Squeeze buttocks to raise pelvis back up to starting position.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



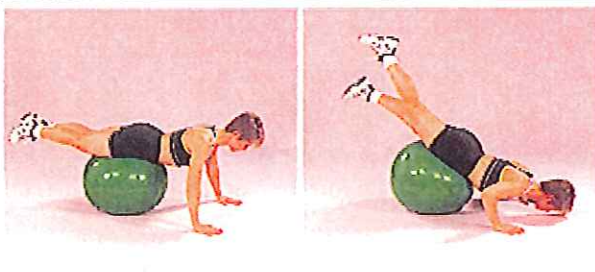
Notes:

Front Bridge / Plank - Knee

Lying on stomach on ball with hands on floor. Walk out to a push-up position until ball is at knee level. Maintain an abdominal hollow and keep knee, hip, shoulder and ear in line. Hold plank position.

Sets:	2
Reps:	3
Weight:	
Hold:	10-30 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

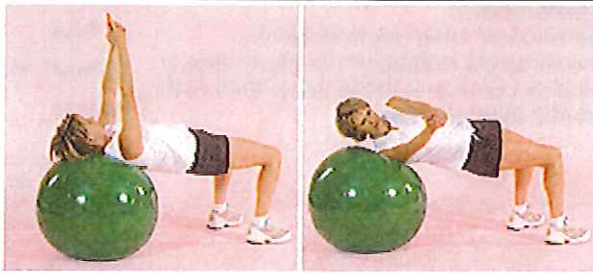
Walk out to shins to make exercise more difficult.

See Saw

From a push up position with ball under the thighs (or shins). Keep shoulders back, elbows slightly bent, pelvic tilt and abdominal hollow. Lower body toward floor and at the same time raise one leg up off ball. Lower leg back on to ball while pushing up to starting position and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



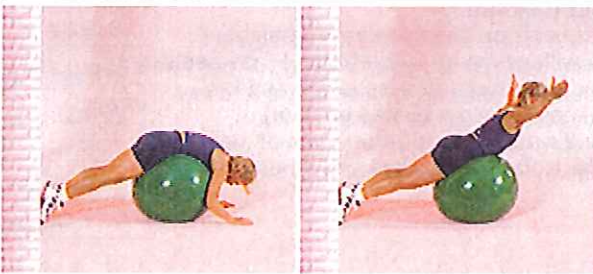
Bridge Torso Twist / Russian Cross

Lying on back on ball in a bridge position. Raise both arms straight up over chest. Slowly and with control rotate upper body to one side bringing the arms down toward horizontal. Maintain a strong bridge position and do not allow pelvis to drop. Twist back up to start position and repeat to opposite side.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



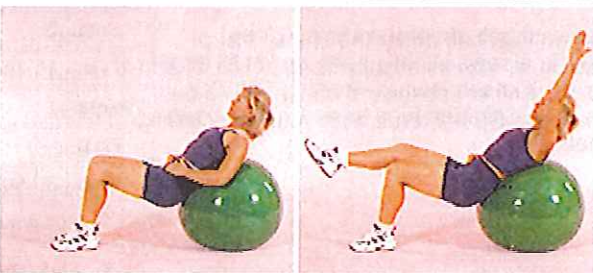
Superman 'Y'

From a kneeling position raise upper body up over ball and place ball under pelvis. Relax over ball. Raise upper body up off ball, bringing the arms up over head toward 45°, into a 'Y' position. Raise up until rib cage is just off ball, ears, shoulders and hips should be in line. Maintain abdominal hollow and pelvic tilt to keep ball stable.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Supine Ab Hold Cross Crawl

Sitting on ball in a semi sit up position. Raise alternate foot off floor and arm overhead, in a cross crawl pattern, keeping chest up and abdominals in.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



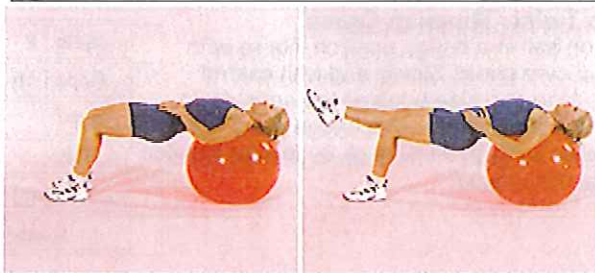
Ball Kneeling Unsupported

Use a chair to assist in getting up onto ball in a kneeling position. Use top of feet to control ball movement. Maintain tall posture while balancing on ball. With control, let go of chair without losing balance.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



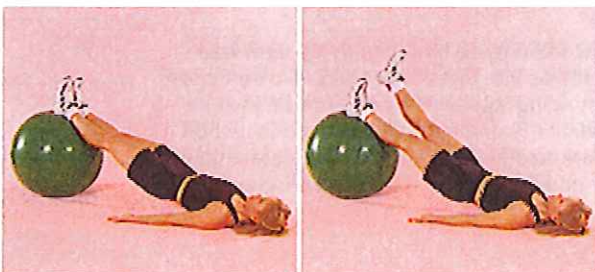
Bridge / Leg Extensions

Holding a bridge position, keep pelvis stable and maintain abdominal hollow to support low back. Slowly raise one leg straight out level with the body. Return foot to floor and repeat with opposite leg.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



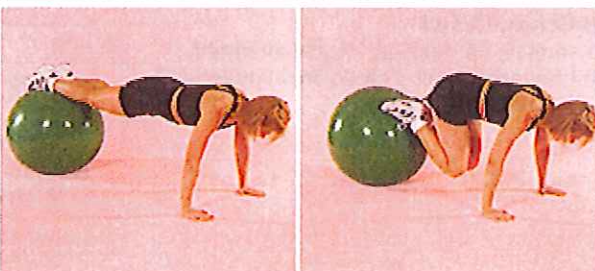
Supine Bridge Leg Raise

Lying on back with heels on ball and knees straight. Arms 45° at sides with palms up for stability. Press heels into ball and squeeze buttocks to raise pelvis and low back up off floor (keep shoulder blades on floor). Maintaining the bridge position, raise one foot off ball keeping ball stable. Return foot to ball and repeat with opposite foot.

Sets:	3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



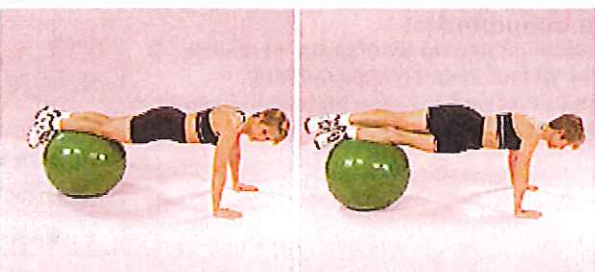
Knee Tucks

In push up position with ball under the shins. Keep shoulder blades back, elbows slightly bent, pelvic tilt and abdominal hollow. Pull knees toward chest, rolling ball under the lower legs. Straighten legs to return to starting position and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



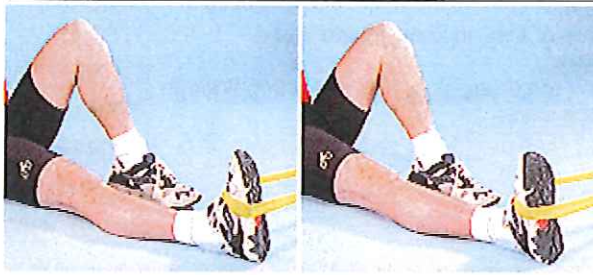
Torso Twist - Plank

In a push up position with shins on ball. Swivel at the hips to roll ball side to side. Control the movement with the abdominals and maintain neutral spinal alignment throughout the movement.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Ankle Eversion

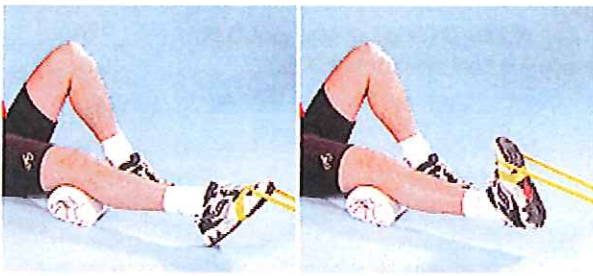
Seated on floor with leg extended out in front. Place tubing around forefoot and attach parallel with floor out toward opposite side of body. Start with foot pointed inward and upward.

Pull tubing out sideways bending at the ankle. Avoid pointing the toe or rotating at knee.

Repeat.

Sets:	2
Reps:	12
Weight:	green
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

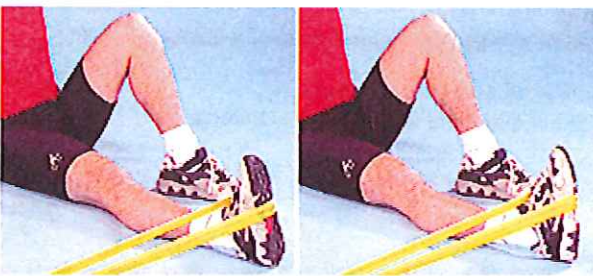


Ankle Dorsi Flexion

Seated on floor with one leg straight out in front. Tubing attached in front of body at ankle level and placed around top of foot. Pull toes back towards body. Repeat.

Sets:	2
Reps:	12
Weight:	green
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Ankle Inversion

Sit on floor with leg straight out in front and place tubing around mid foot. Attach tubing at floor level (table leg). Tip foot inward bending at the ankle. Avoid rotating the foot or pointing the toes.

Sets:	2
Reps:	12
Weight:	green
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

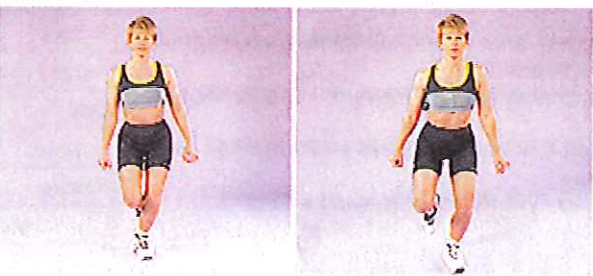


Ankle Plantar Flexion

Seated with one leg straight out in front. Hold tubing on lap and place under ball of foot. Push toe away from body. Repeat.

Sets:	2
Reps:	12
Weight:	green
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

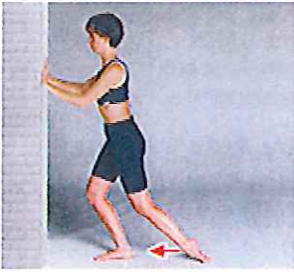


Hop - One Legged

Standing on one leg. Hop from side to side and from front to back landing softly. Repeat with opposite leg.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

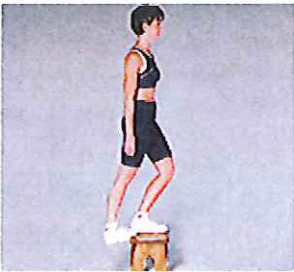


Tibialis Anterior

Standing, place top of foot on floor behind you.
Bend knees slightly.
Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Gastrocs - Step

Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



One Leg Squat

Standing in readiness position, close to a wall or within a doorway.
Raise one leg up in front and hold balanced.
Perform half squats maintaining good postural balance .

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



One Legged Heel Raise

From a one legged standing position, raise up onto the toes maintaining balance and postural alignment.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

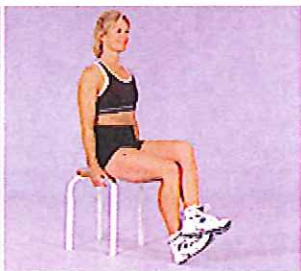


A-P Rock

Keeping finger tips on wall or chair for support, step onto rocker board with one foot.
Keeping eyes looking straight forward, raise opposite foot onto board.
Maintain a short foot and readiness position while on the board.
With control, slowly rock board forward and back.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Foot Dorsiflexion / Resistance

Sitting in chair, resting one foot on top of the other.
Dorsiflex bottom foot offering light resistance from the top foot. Hold, relax and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31