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## 1. "Pelvic tilting, circles" Lumbar flexion/extension/side bending ROM, standing; 01

1 Set / 10 Reps



Stand up straight with your feet hips width apart.

Soften your knees a little.

Place your hands on your hips.

Begin making small circles with your pelvis.

Push your hips out to one side, tuck your tail bone under as you bring your hips to the front.

Push your hips out to the other side.

Finally push your hips back behind you, sticking your tail bone out.

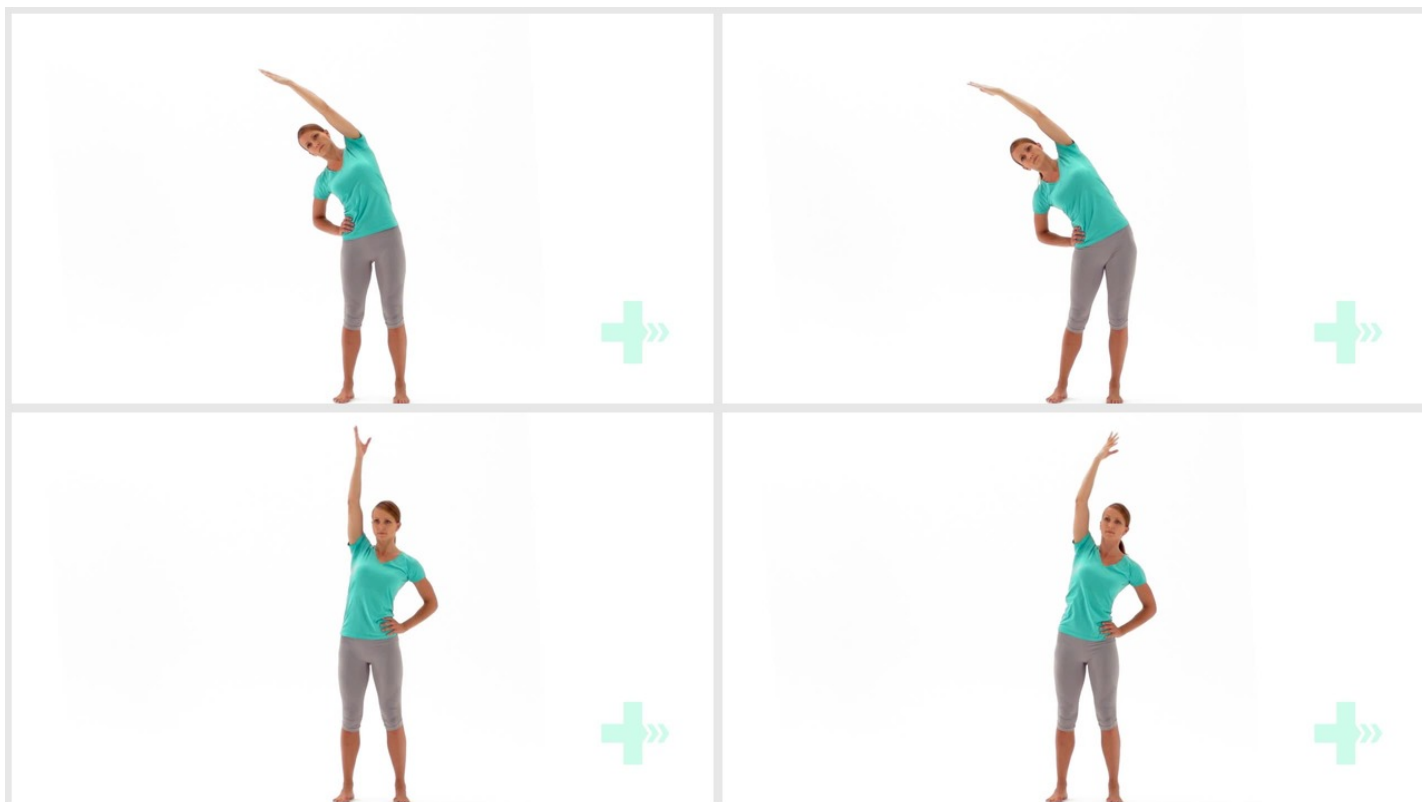
Continue this in one fluid movement, keeping your upper body and head still.

Gradually increase the size of the circles if you can.

Repeat in the opposite direction.

## 2. Trunk side bending stretch, arm overhead (alternate), standing

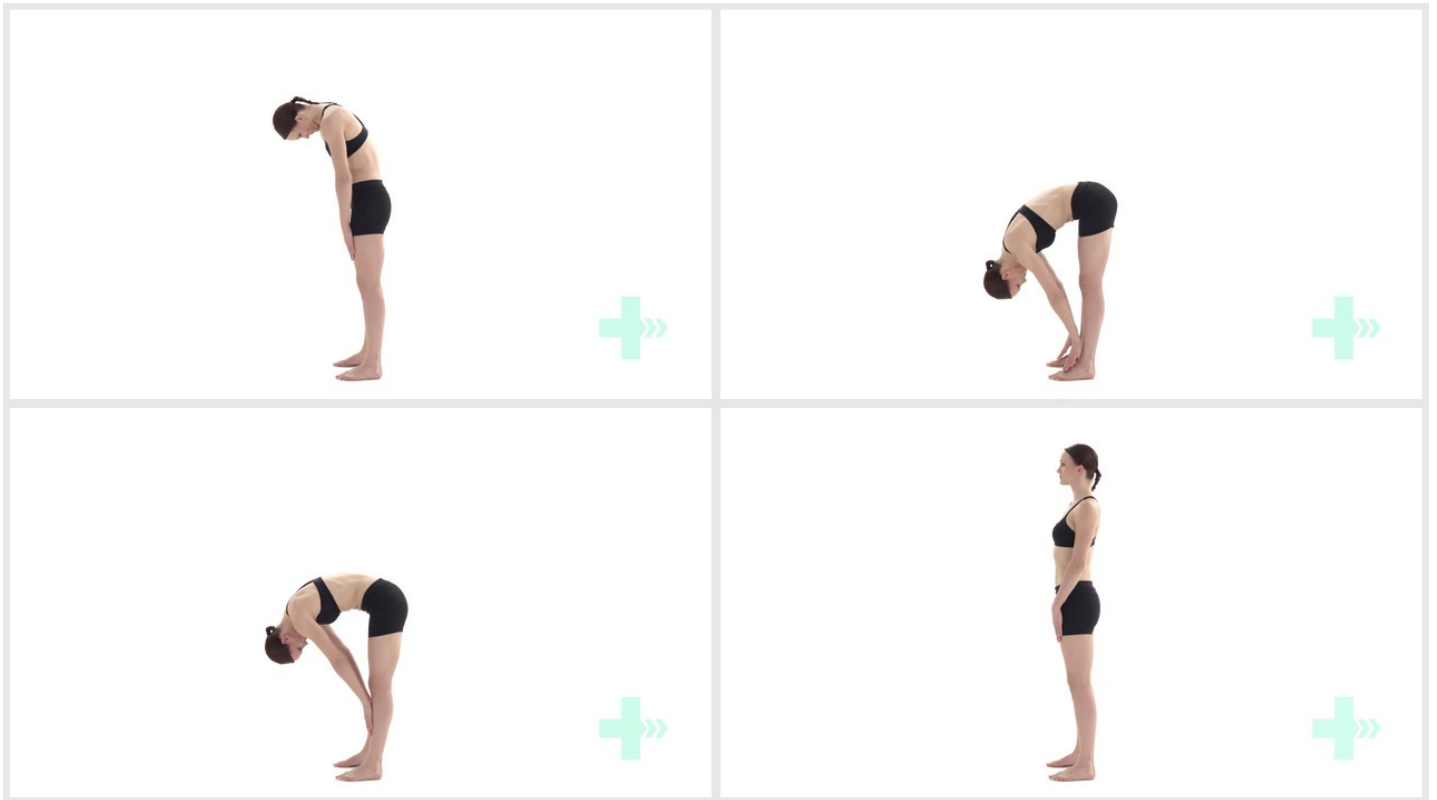
1 Set / 3 Reps / 5 s hold



Stand with your feet shoulder width apart and place one hand on your hip. Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction. Hold this position before you repeat on the other side.

### 3. "Spinal roll down" Cervical/trunk extensors stretch, standing legs straight

1 Set / 3 Reps / 5 s hold



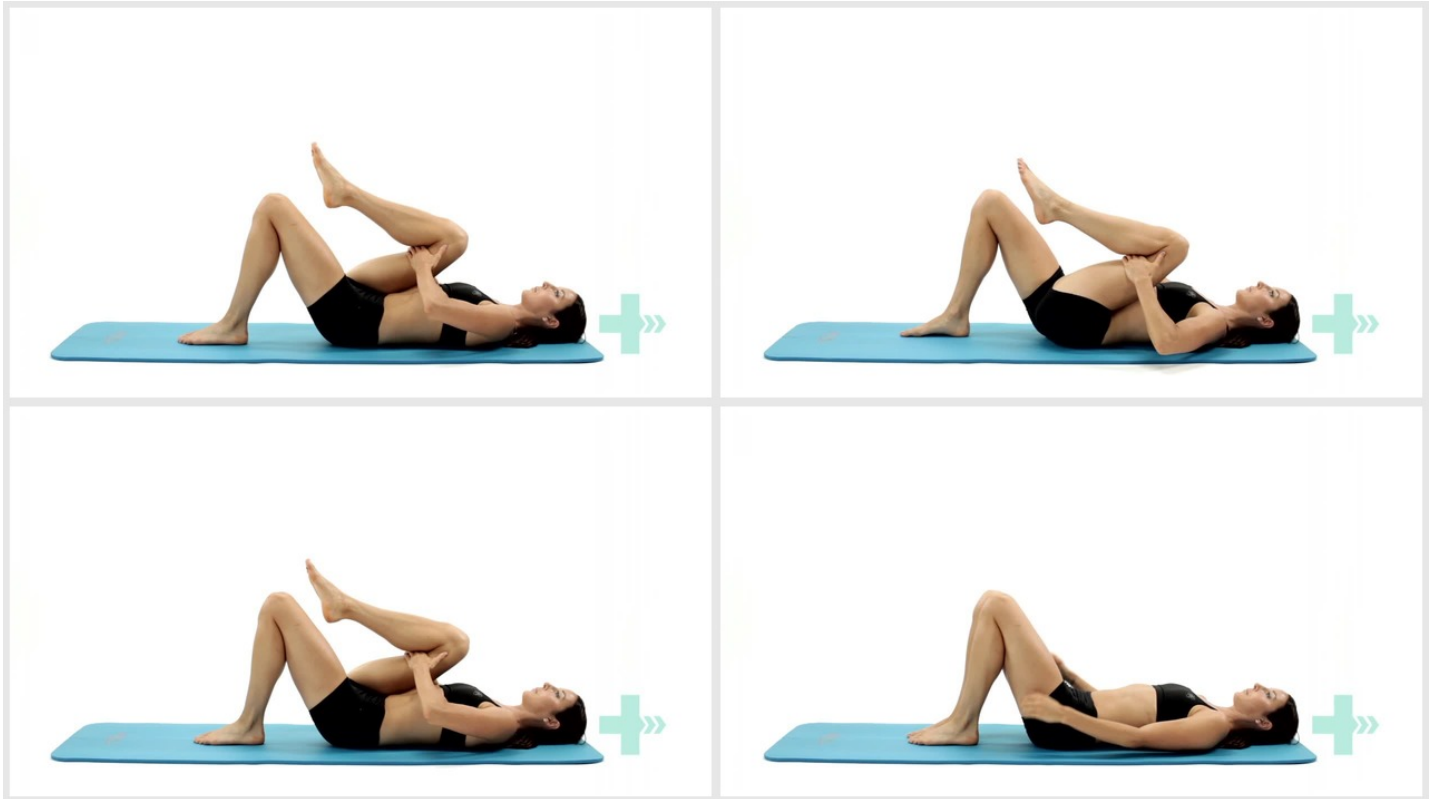
Stand with your legs hip width apart and straight.

Slowly slide your hands down the front of your thighs towards your feet. Only go as far as you can manage comfortably whilst keeping your legs straight.

Hold this position, and then slowly return to the start position.

#### 4. Hip flexion AAROM end range, supine

1 Set / 10 Reps / 5 s hold



Bend your knees so that the feet are flat on the floor.

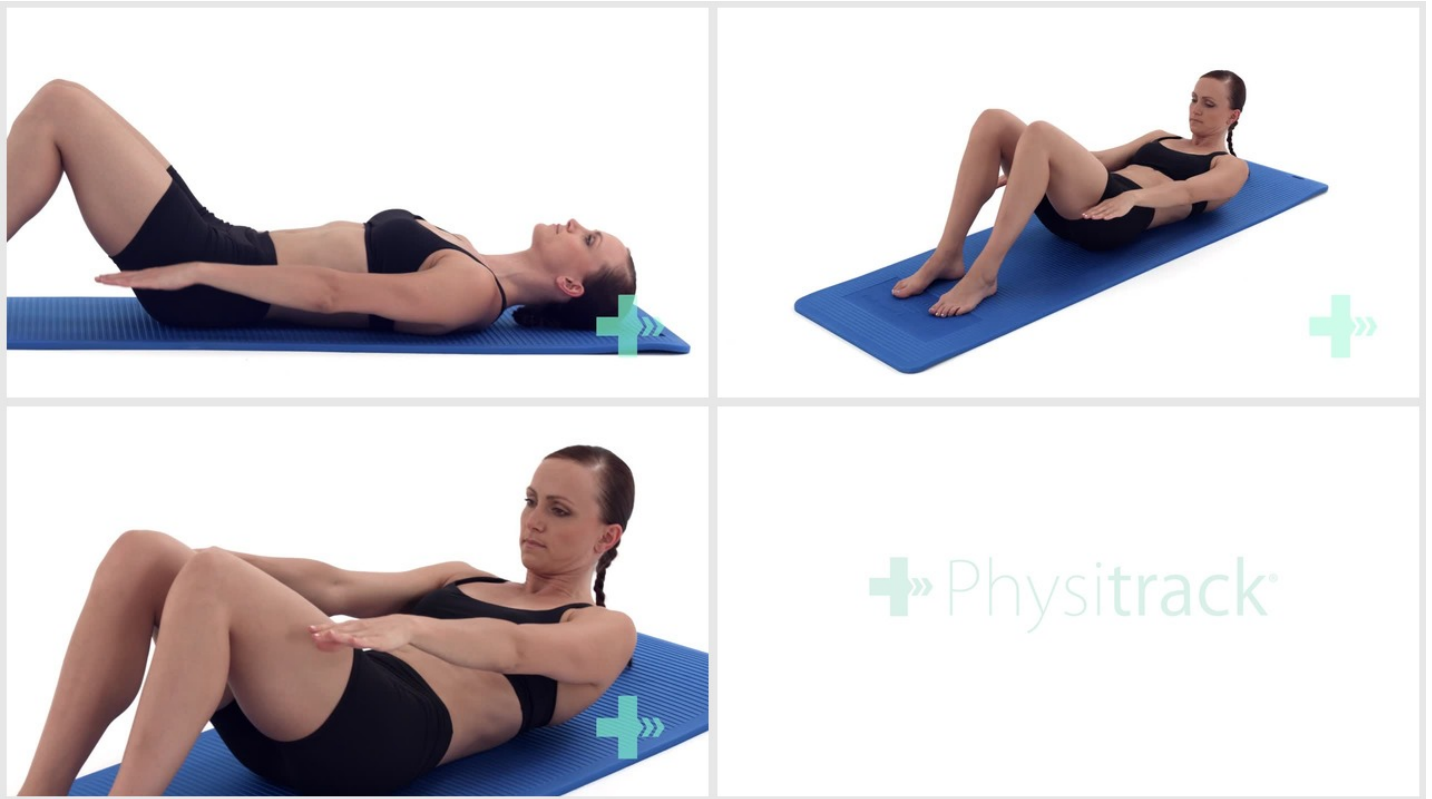
Reach underneath your knee and pull the knee in towards your chest as far as you can go comfortably.

Ensure you grab behind the thigh and not on top of the knee to avoid compressing the knee joint.

Hold this position.

## 5. "Crunch" Core/abdominal strengthening; 01

1 Set / 10 Reps



Lie on your back with your legs bent and your feet on the floor.

Lift your arms off the floor and tuck your chin to your chest.

Reach your hands towards your knees, curling your upper body off the floor.

Control the movement back down, keeping your chin tucked in.

You may find it helps to push your tongue into the roof of your mouth.

## 6. Trunk rotation twists AROM, arms forward, supine feet standing

1 Set / 10 Reps / 1 s hold

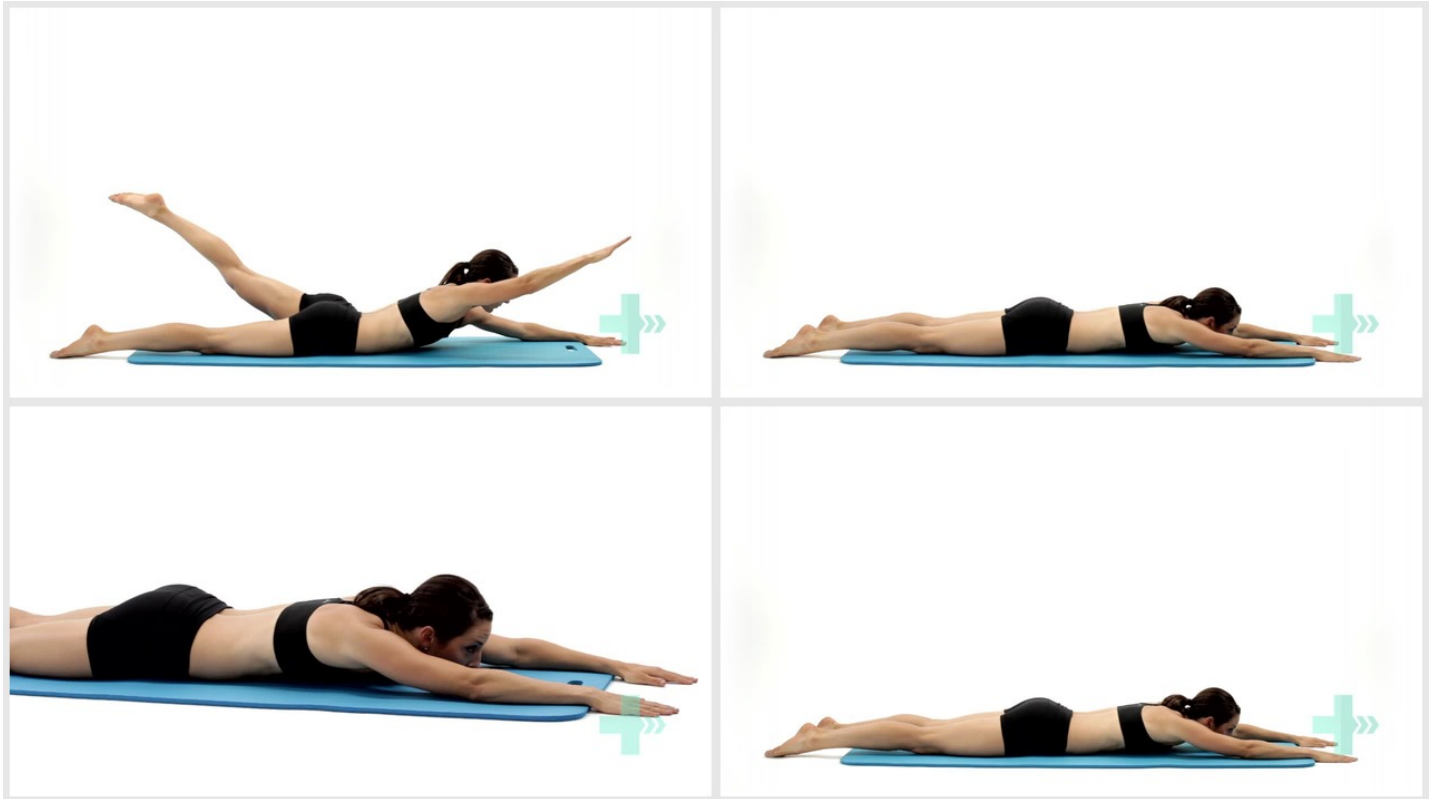


Lie on your back with your knees bent and your feet flat on the floor. Holding your hands together stretch your arms up towards the ceiling. Rotate your knees out to one side.

Simultaneously rotate your arms in the opposite direction to your knees. Hold this stretch before bringing yourself back to the starting position.

## 7. Core stabilization, lifting opposite arm and leg, prone; 04

1 Set / 10 Reps



Lie on your front with your head in a neutral position.

Extend your arms straight out in front of you.

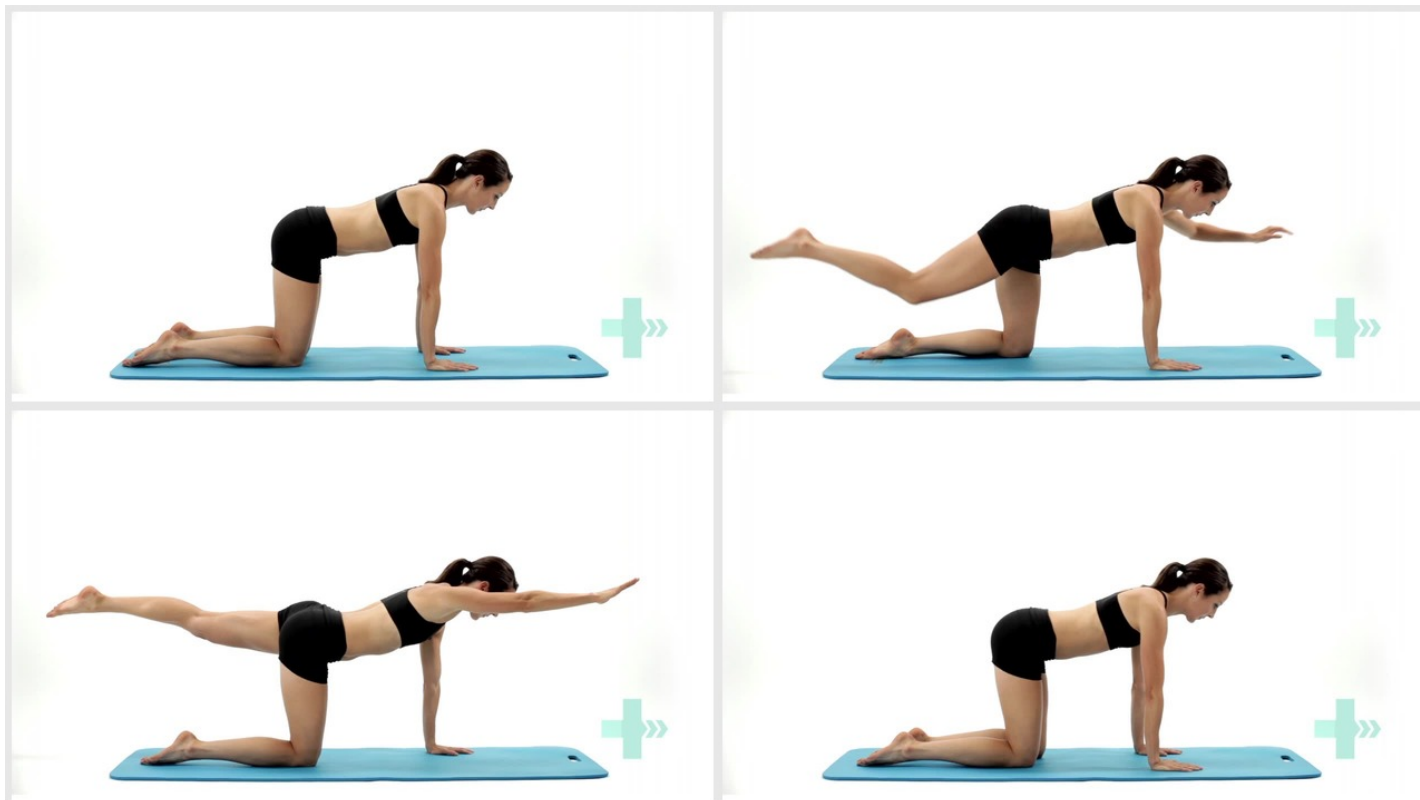
Simultaneously lift one arm and the opposite leg, clenching your buttock muscles and your abdominal muscles to maintain stability in your body.

Keep a neutral alignment with your head throughout the movement.

Lower the arm and leg together, then repeat with the other pair.

## 8. "Bird dog" Core/abdominal stabilization; 01

1 Set / 10 Reps



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

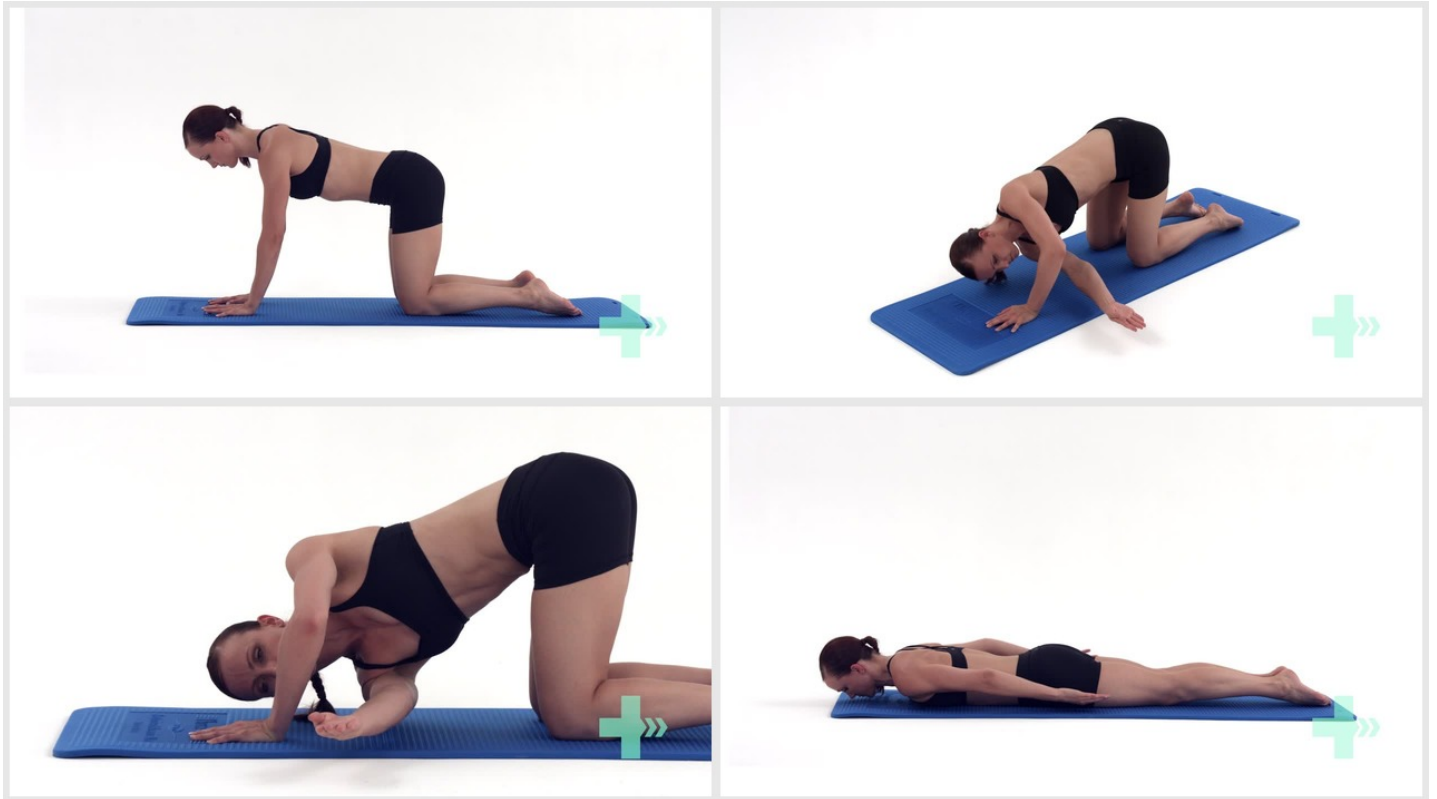
Do not allow your body or hips to rotate.

Repeat on the other side.



## 9. "Thread the needle" Upper trunk rotation/scapular mobility

1 Set / 10 Reps / 1 s hold



Start lying on your front.

Bring yourself up onto your hands and knees.

Your hands should be under your shoulders and your hips over your knees. Take one hand off the floor and reach in and through between your other hand and leg on that side.

Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.

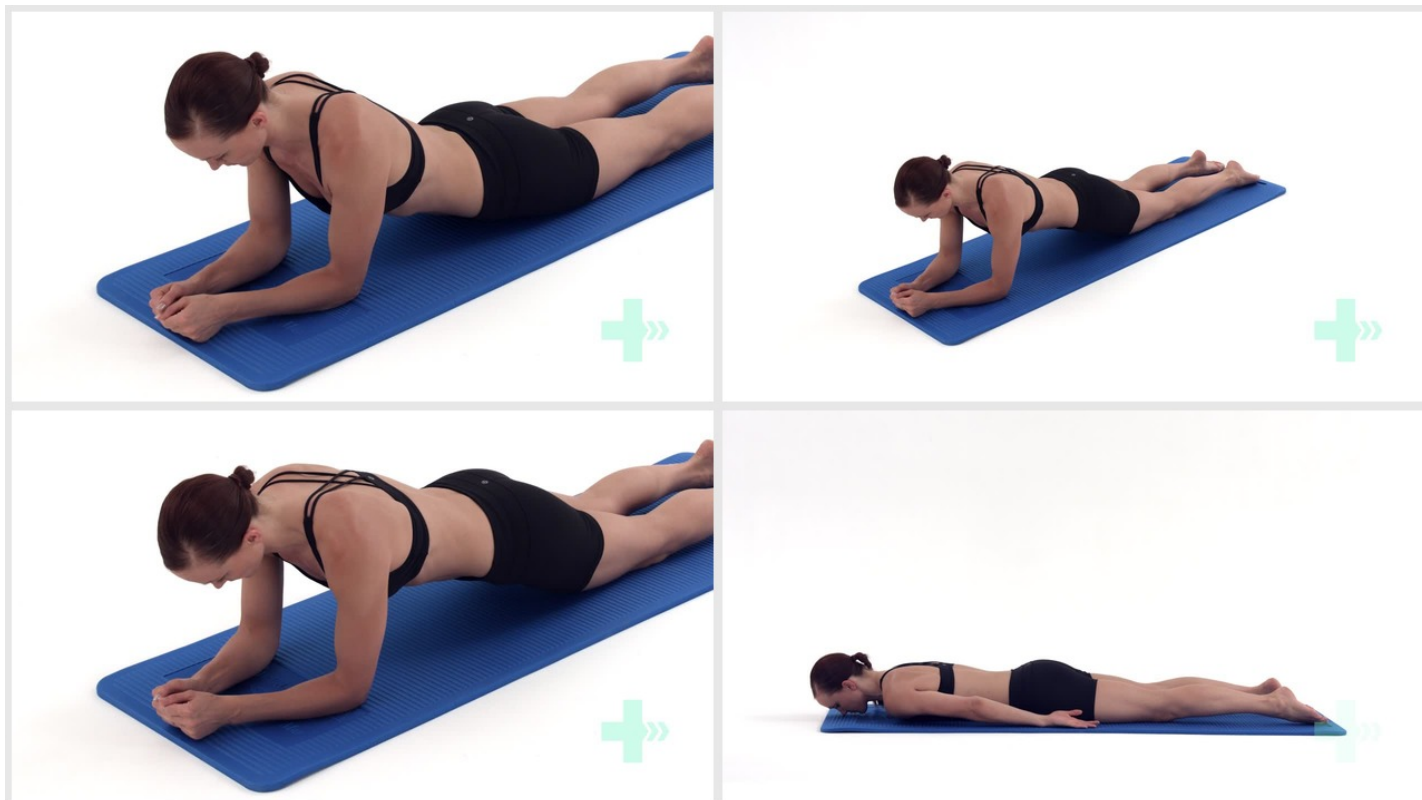
Allow your back to twist.

You should feel a stretch down your side, your shoulder blade and neck.

Hold and then relax and repeat.

## 10. "Plank, kneeling" Core/scapular strengthening isometric; 02

1 Set / 1 Rep / 30 s hold



Lie down on a mat on your front.

Lift your chest up off the floor using your forearms.

Lift your hips up, keeping your knees on the floor.

You should have a straight line from your knees to your shoulders.

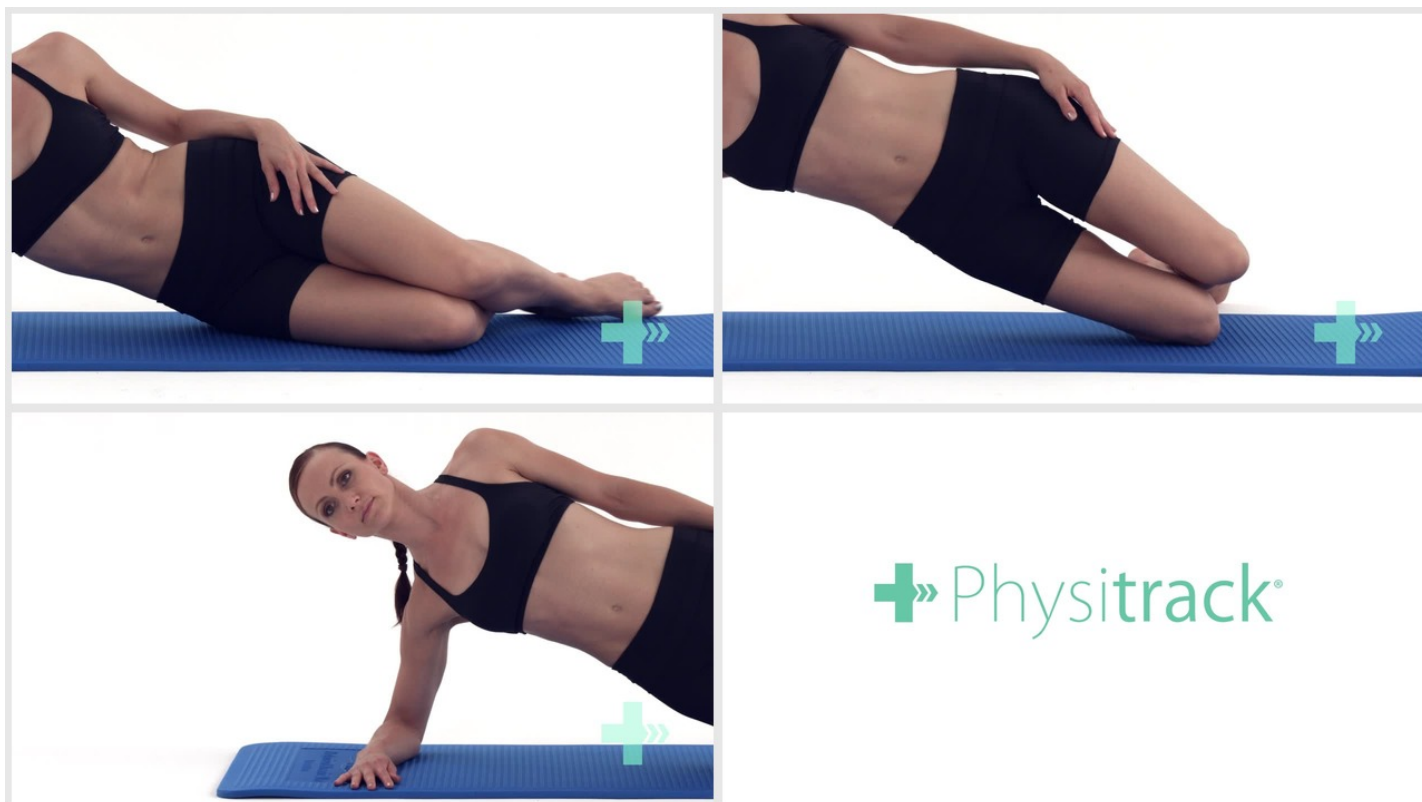
Keep your shoulders strong and do not sink down at the hips or the chest.

Hold for as long as you can.

Relax and return to the starting position.

## 11. "Plank, side (low)" Core/scapular strengthening isometric, on knees

1 Set / 1 Rep / 30 s hold



Lie on your side and prop yourself up on your elbow.

Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.

Hold this position for as long as you can.