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## 1. "Cat and camel" Trunk flexion/extension AROM, quadruped; 01

1 Set / 10 Reps / 1 s hold



Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

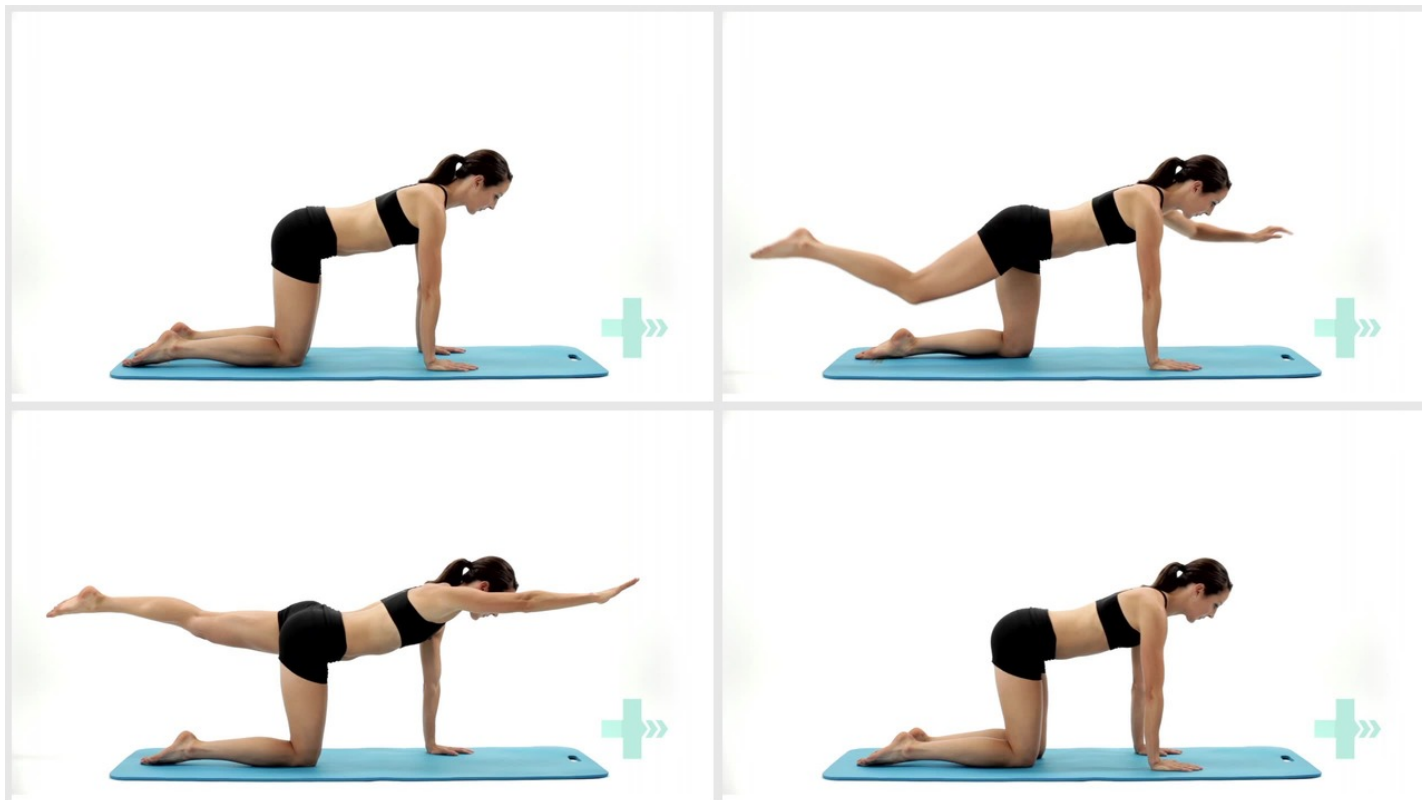
Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

## 2. "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.

### 3. "Bridge" Core/gluteals strengthening, with pelvic tilt; 03

1 Set / 1 Rep / 10 s hold



Lie on your back with your knees bent and your feet flat on the floor.

Activate your core stability muscles, tilting your pelvis towards you so that your lower back flattens and your tail bone rolls off the floor.

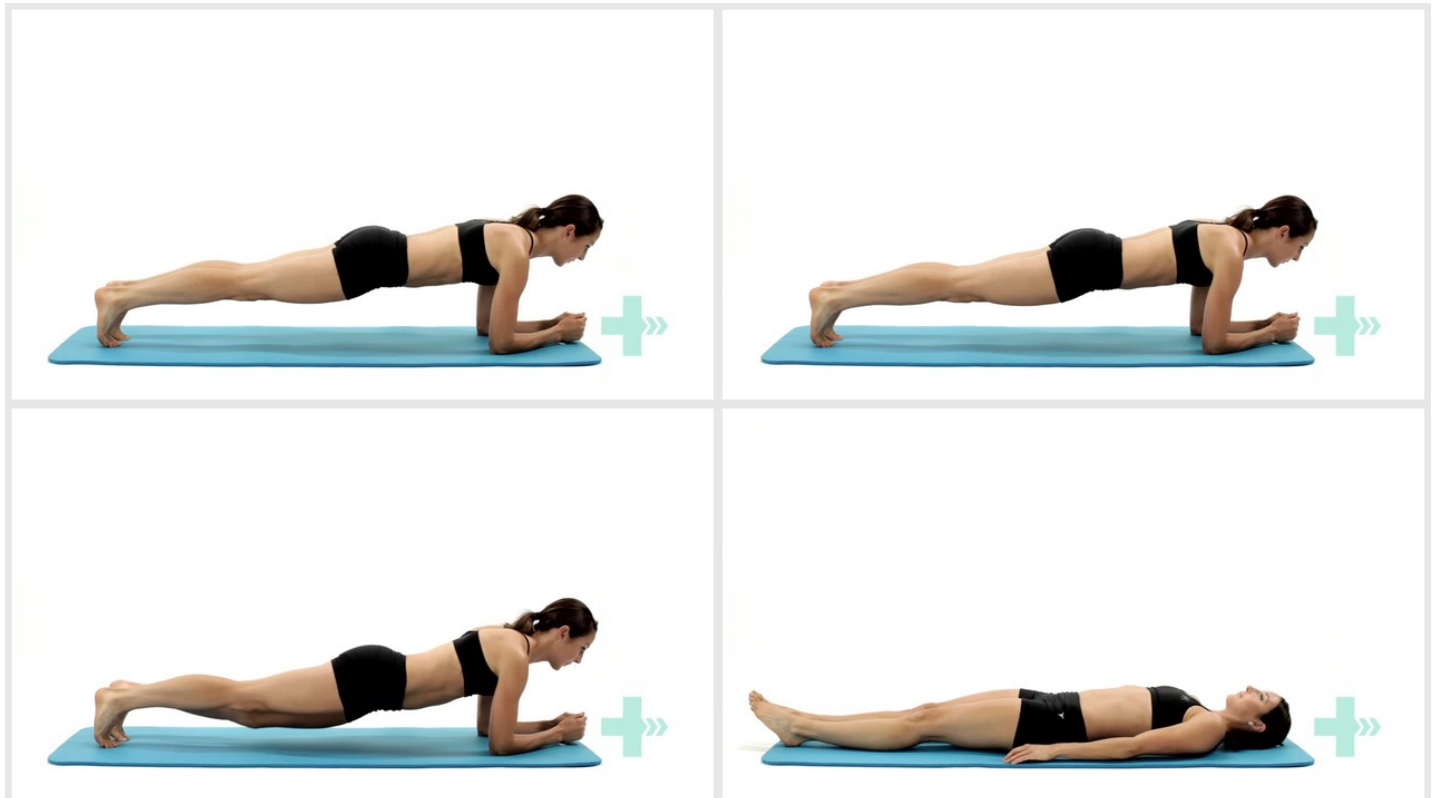
Now tighten your buttock muscles and continue to peel the rest of your spine off the floor until you are in a bridge position.

Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.

#### 4. "Plank (low)" Core/scapular strengthening isometric; 01

1 Set / 1 Rep / 10 s hold



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

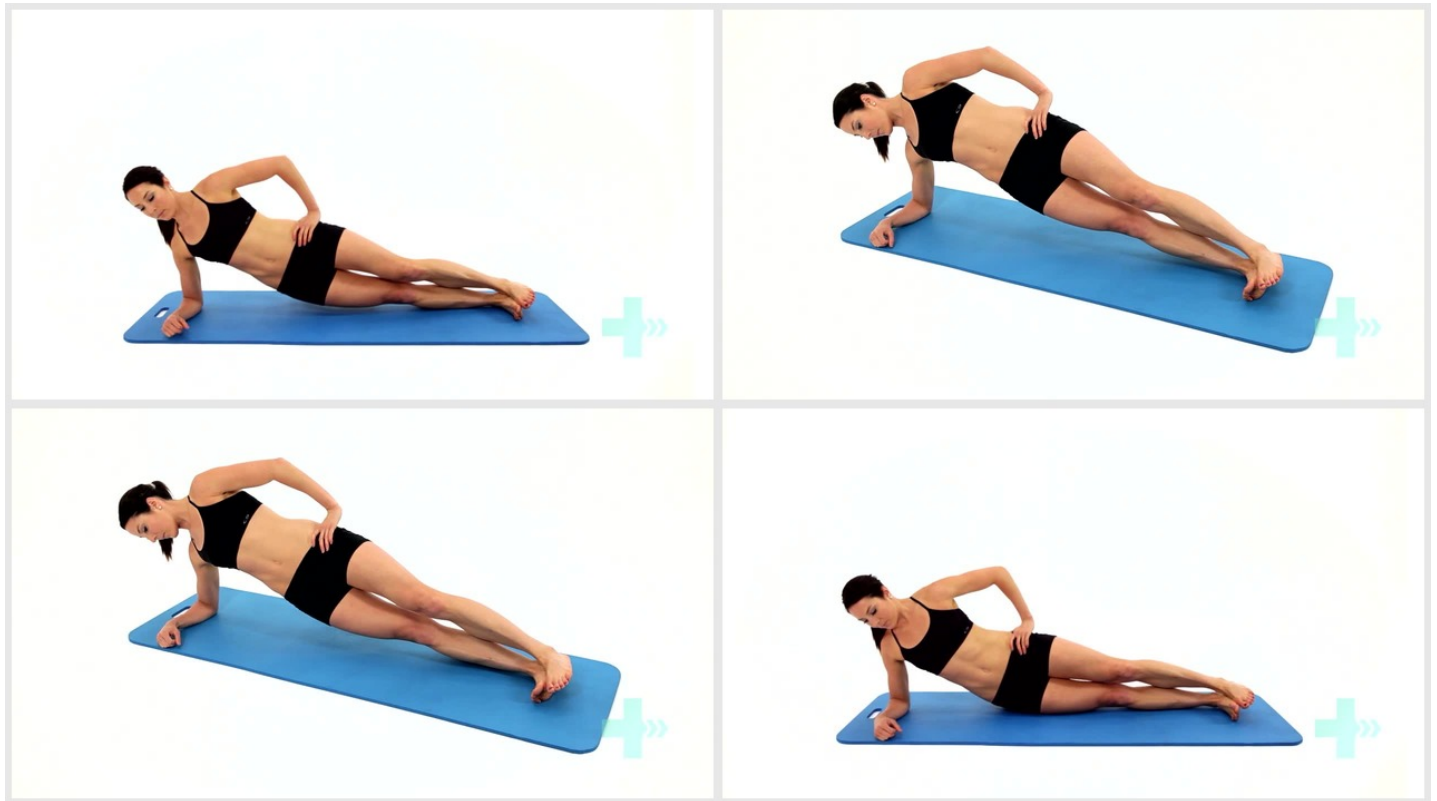
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

## 5. "Plank, side (low)" Core stabilization, with dips; 02

1 Set / 10 Reps / 1 s hold



Lie on your side and lift yourself in to a plank on your elbow, with a straight line from your head to your feet.

Drop your hips down until they are just off the floor, and then bring them back up.

## 6. Lunge, backward (alternate), hands on waist

1 Set / 10 Reps



Stand upright stance with your hands on your hips and your legs at shoulder-width apart.

Take a large step backward on one leg onto the ball of your foot.

Simultaneously, lower your body down between both feet until your knees are both at 90 degrees.

Hold and then rise back up using both legs, stepping your rear leg back to the front.

Repeat for the other leg.