

Dr. Jason Hagman - (973) 564-7676  
Springfield Chiropractic Center  
454 Morris Ave.  
Springfield, NJ, 07081

## 1. Core/pelvic floor strengthening, with breath, supine; 02

1 Set / 1 Rep



Lie on your back with a small rolled up towel by your side.

Raise your right knee to 90 degrees by sliding the back of your heel along the mat.

Raise your left knee to the same position.

Keep your feet hip width apart and place the towel between the knees.

Breathe in deeply making sure the air goes all the way down to your lower stomach and the belly button pushes outwards.

As you breathe out gather your tummy in, pulling your belly button inwards towards your spine and tensing your pelvic floor muscle.

Repeat again, breathing in and relaxing the tummy.

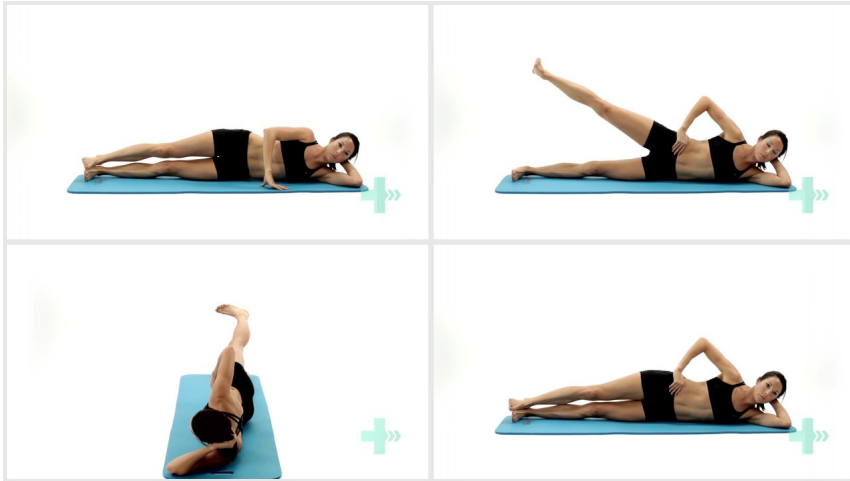
Breathe out and gather your tummy in, pulling your belly button inwards towards your spine and squeeze your pelvic floor.

Repeat once more.

Remove the towel, bring your legs down, one by one, starting with the right, and then the left to return to the starting position.

## 2. Hip abduction strengthening, side lying; 04

3 Sets / 15 Reps



Lie on your good side, making sure there is a straight line from your head, through your trunk, down your legs to your toes.

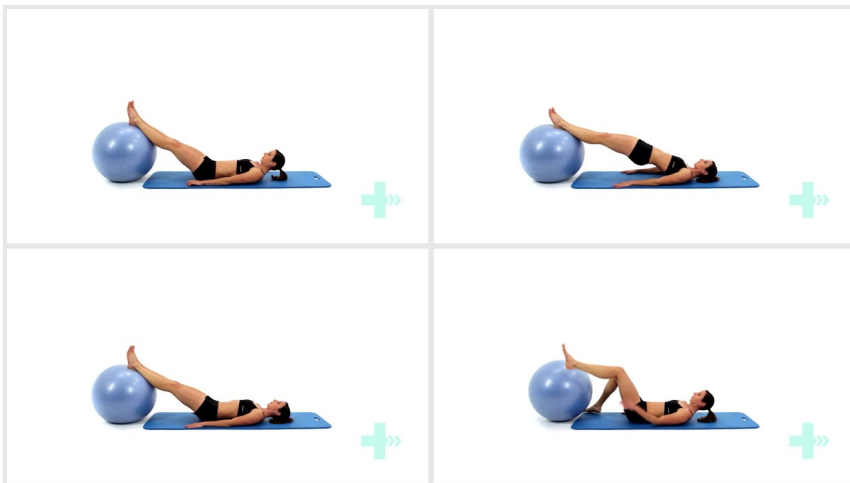
Straighten your legs and pull the toes up towards you.

Raise the top leg straight up, then control the motion back down.

Ensure your leg goes directly up, as though sliding up and down a wall.

## 3. "Bridge" Core/gluteals strengthening, legs straight, feet on stability ball

3 Sets / 10 Reps



Lie on your back with your legs on a stability ball.

The closer the ball is towards your feet, the harder the exercise.

Lift your hips straight up, driving the movement from your buttock muscles.

Once you reach a straight line from your shoulders to your feet, control the movement back to the start position.

#### 4. Lower trunk rotation AROM, sitting back on hands

3 Sets / 10 Reps



Sit on a mat with your knees bent to 90 degrees, your hands flat behind you with your fingers facing away from you.

In this neutral position, inhale and as you exhale, let both knees drop to the left side until you reach a comfortable stretching position.

Pause here and inhale, and as you exhale, push your left knee into your right knee to bring your knees back up to a neutral position.

Inhale in the neutral position.

Exhale and let both knees drop towards your right side.

Pause in this stretching position, inhale and as you exhale, push your right knee into your left knee to bring both knees back up to a neutral position.

#### 5. Trunk side bending AROM, looking toward buttock, quadruped; 01

3 Sets / 10 Reps



Start on your hands and knees.

Look over your shoulder towards your right buttock.

Come back to the neutral position.

Look over your left shoulder towards your left buttock.

Come back to the neutral position and repeat the movements.

## 6. "Cat and camel" Trunk flexion/extension AROM, leading with pelvis, quadruped

3 Sets / 10 Reps



Start on your hands and knees with a neutral spine.

Tuck your tail bone under, very gradually pull through your navel, and arch your back up, tucking your head in.

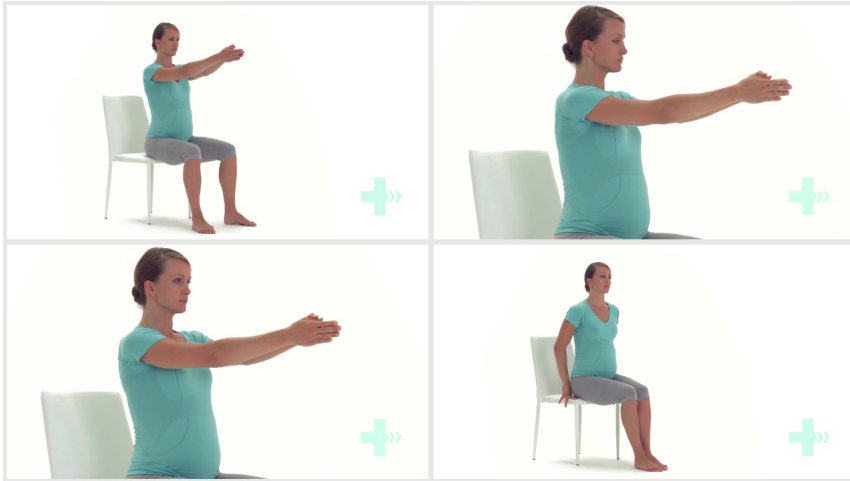
To come back from this first stretch, start from your pelvis by arching your lumbar spine, softening your abdominal muscle and allowing your stomach to drop slightly.

Drop the shoulder blades and extend up through your spine, up to your neck.

Hold your head in a neutral position, looking at the floor between your hands.

## 7. Upper trunk rotation AROM, arms forward - focus breathing, sitting

3 Sets / 10 Reps



Start in an upright seated position and move your sitting bones to the edge of the chair.

Place your feet flat on the floor and open your knees slightly.

Raise both arms straight in front of you, and place the palms of your hands together.

Keeping your sitting bones and your pelvis in position, inhale,

As you exhale, rotate to the left.

Inhale as you come back to the centre.

Exhale and rotate to the right.

Inhale as you come back to the centre.

Exhale as you rotate to the left.

Inhale and come back to the centre.

Exhale as you rotate to the right.

Inhale and come back to the centre.

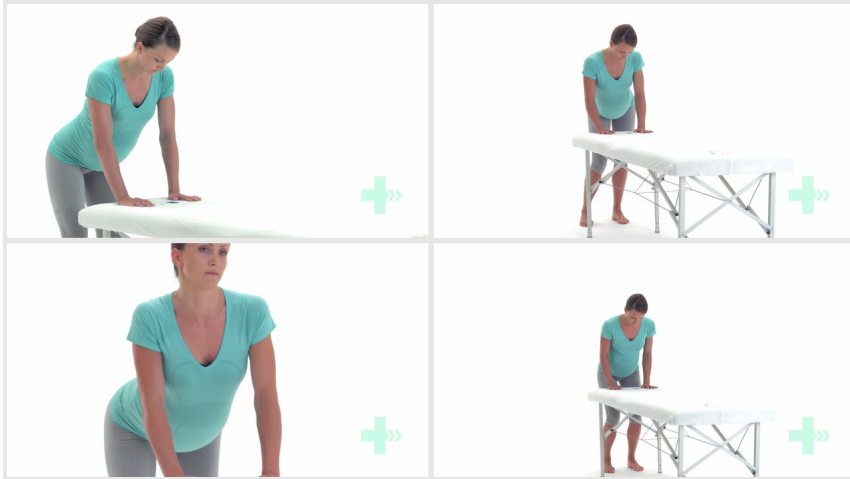
Relax and drop your arms down to your side.

Come back to a neutral position.

Bring your knees together and slide back into your chair.

## 8. "Pelvic tilting, circles" Lumbar flexion/extension/side bending ROM, hands on table, standing; 02

3 Sets / 10 Reps



Stand in a neutral position in front of a table.

Bend both knees and reach forward to rest both hands flat on the table.

Relax a few seconds in this neutral position.

Start a circular motion with your pelvis.

Starting with small circles, imagine you are reaching every number around a clock face.

Gradually increase the size of this motion.

Return to a neutral position and change direction, starting with small circles and building to bigger ones.

Return to a neutral position, bend both knees and walk to the table.

Look up, push your hands into the table and stand up straight.