



quadruped

Begin on your hands and knees. Tighten your stomach muscles as you lift one back leg and the opposite arm at the same time. Keep your back straight and both hips facing down toward the ground.

Repeat 10 Times

Complete 3 Sets



Thread the Needle

1--Begin in quadrupedal position
2--reach one arm across the body under the opposite arm as far as you can without the hips moving
3--allow torso to twist and can lay shoulder on the ground if there is enough mobility.

Repeat 10 Times

Hold 3 Seconds

Complete 3 Sets



Cat cow - Dustin

-Begin in an all fours position, place a pillow under your knees if needed

-Now try to create the greatest curve you comfortably can by bringing your belly button toward the table/floor

-Then reverse this and arch your back as far up toward the ceiling as you're comfortably able

-This should be a slow and controlled motion moving back and forth between these two positions



Repeat 10 Times

Hold 3 Seconds

Complete 3 Sets



CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side. Video # VV8QWGRE2

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds



Prone Extension - McKenzie (PPU)

Prone Press Up - McKenzie Extension

Start by lying flat on your stomach. Bring your hands under your shoulders in approximately a push up position. Press up until you fully straighten your elbows or as far as you can go without severe pain. Draw the shoulder blades back and down and tuck your chin, pulling your throat back for your head to be in line with your shoulders. Relax your butt and let your hips sink down toward the surface you are lying on as you blow out all of your air.

Repeat 10 Times
Complete 1 Set

Hold 10 Seconds

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
Complete 3 Sets

Hold 30 Seconds

LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine. Video # VV35FQJCR

Repeat 1 Time

Hold 30 Seconds

Complete 3 Sets



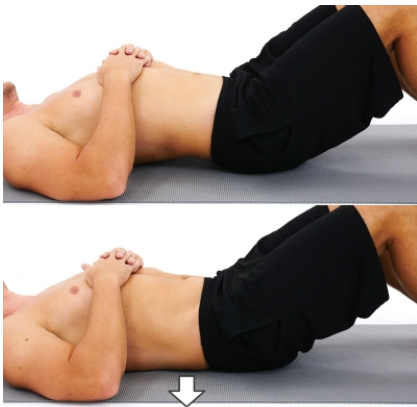
PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion. Video # VVHBZ4XN3

Repeat 10 Times

Hold 1 Second

Complete 3 Sets



Dead Bug

Begin on your back with knees bent, feet on floor, and hands at your sides.

Raise your legs to 90 degrees. Tighten the stomach and glute muscles.

Pick up the opposite arm and foot, bring the knee and hand together. Hold slightly. Slowly separate hand and knee until limbs are straight out. DO NOT allow back to arch. Then bring hand and knee back together above your stomach.

Maintain your balance and your back flat the entire time, DO NOT allow back to arch. only go as far up and down as you can while maintaina

Repeat 10 Times

Complete 3 Sets

