

Core Strengthening: Phase I



Pelvic Tilt

- Lie flat on back, both knees bent, feet flat on floor.
- Flatten back by tightening stomach muscles and buttocks.



Side-Lying Hip Abduction

- Lie on uninvolved side, legs straight.
- Tighten quad on involved leg, raise involved leg upward (keeping knee straight throughout motion).



Prone Hip Extensions

- Lie face down, keep knee straight on involved leg.
- Tighten quad on involved leg and lift upward (keeping knee straight throughout motion).



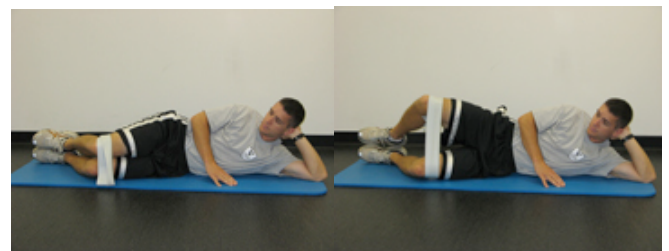
Curl-Up (Crunch)

- Lie flat on back, both knees bent, feet flat on floor.
- Flatten back (using pelvic tilt), tighten stomach, lift head and shoulders off floor toward knees (keep low back in contact with floor).



Supine Hip Bridge

- Lie flat on back, both knee bent, feet flat on floor.
- Slowly raise buttocks from floor, keeping stomach muscles tight throughout motion.



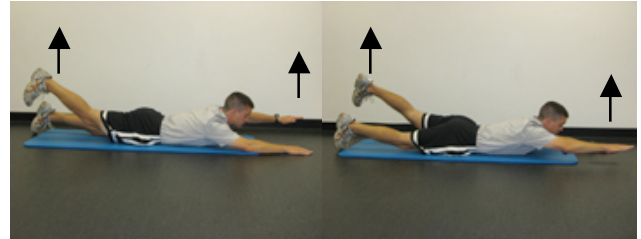
Side-Lying "Clam Shell"

- Lie on either side, hips and knees bent, with resistive band looped around knees.
- Keeping feet together and hips and knees bent, lift upper thigh, keeping lower thigh against floor. (Repeat for both sides)



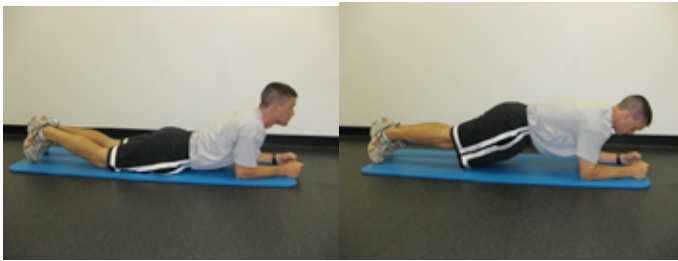
“Supermans”

- Lie face down, with arms and legs outstretched.
- Slowly lift both upper body and legs from floor, do not arch neck.



“Swimmer”

- Lie face down, with arms and legs outstretched.
- Raise arm and opposite leg off mat, raise other arm and opposite leg off mat, repeat alternating pattern.



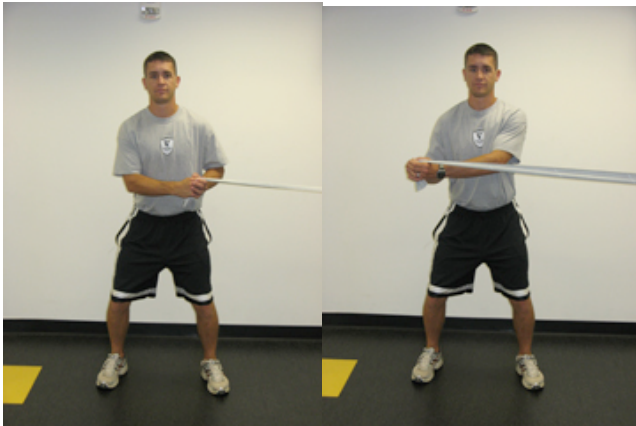
Plank

- Position yourself in a “push-up” start position, with your elbows on the floor in line with shoulders.
- Tighten your stomach, lift your hips off floor till your legs and upper body are in line, with your shoulders positioned over your elbows (keeping legs and torso straight).



Side Plank

- Lie on either side, legs outstretched, lower elbow on floor in line with shoulder.
- Tighten your stomach muscles, lift your hips off floor till your legs and upper body are in line, with your shoulders positioned over the elbow on the floor (keep legs and torso straight and place upper arm against side).



Trunk Stabilization T-Band Pulls

- Position resistive band such that it is at stomach level, stand with feet shoulder width apart, slight knee bend, holding band with both hands in front of you.
- Tighten your stomach muscles to stabilize your core, pull the resistive band across your body with only your arms moving, keeping trunk still. (Repeat for both sides)