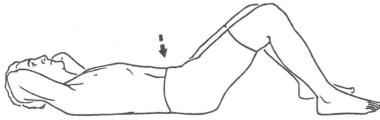


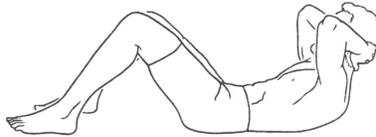
## Back Exercises

BACK - 22 Pelvic Tilt



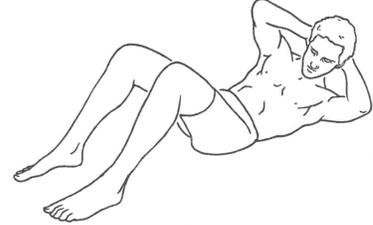
Flatten back by tightening stomach muscles and buttocks.

BACK - 27 Curl-Up: Phase 3



Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders from surface.

BACK - 28 Diagonal Curl-Up: Phase 3



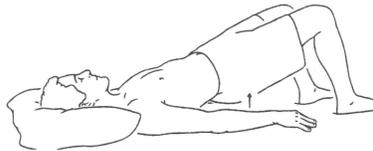
Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders while rotating to each side.

TRUNK STABILITY - 8 Heel Walk (Hook-Lying)



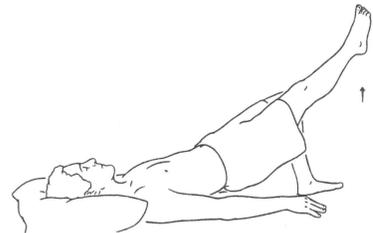
Tighten stomach and slowly walk feet forward in short steps until legs are nearly straight, or until back begins to arch.

TRUNK STABILITY - 9 Bridging



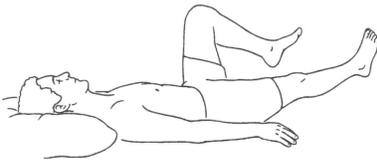
Slowly raise buttocks from floor, keeping stomach tight.

TRUNK STABILITY - 13 Bridging: with Straight Leg Raise



With legs bent, lift buttocks \_\_\_ inches from floor. Then slowly extend each knee, keeping stomach tight.

TRUNK STABILITY - 15 Advanced Straight Leg Raise



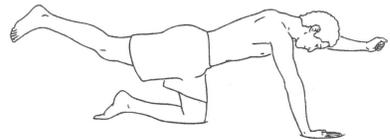
With knees bent and feet \_\_\_ inches from floor, slowly straighten each leg, keeping stomach tight.

TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, \_\_\_ knee locked, raise leg and opposite arm \_\_\_ inches from floor.

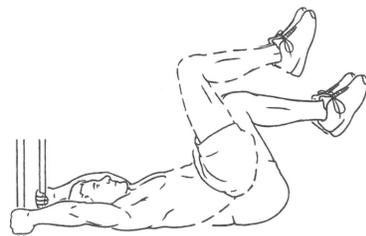
TRUNK STABILITY - 20 Upper / Lower Extremity Extension (All-Fours)



Tighten stomach and raise \_\_\_ leg and opposite arm. Keep trunk rigid.

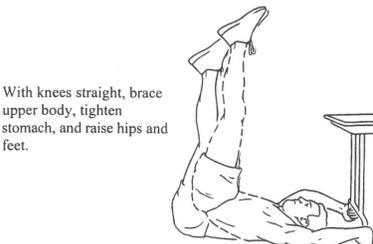
Repeat \_\_\_ times per set. Do \_\_\_ sets per session. Do \_\_\_ sessions per day.

BACK - 65 Knee Raise (Hook-Lying)



With knees bent, brace upper body, tighten stomach, and raise hips and knees.

BACK - 66 Leg Raise (Pike-Lying)



With knees straight, brace upper body, tighten stomach, and raise hips and feet.

BACK - 44 Backward Bend (Standing)

Arch backward to make hollow of back deeper. Hold \_\_\_ seconds.

