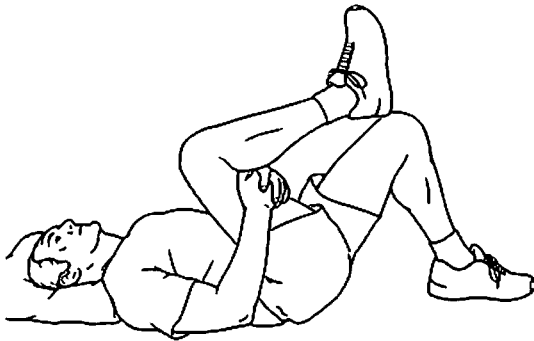


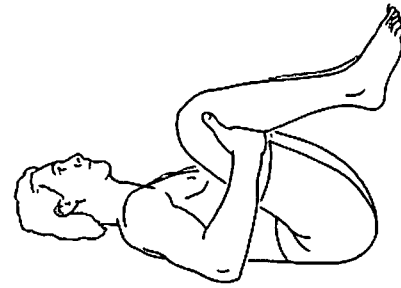
BACK - 1 Knee to Chest (Flexion)



Pull knee toward chest. Feel stretch in lower back or buttock area. Breathing deeply, hold ____ seconds. Repeat with other knee.

Repeat ____ times. Do ____ sessions per day.

BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

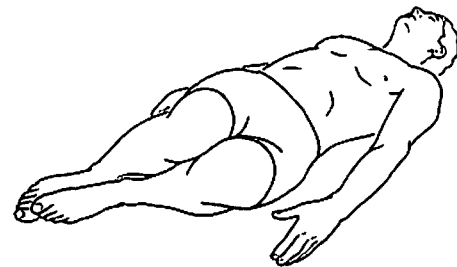
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

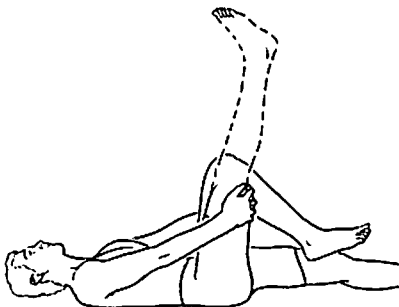
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

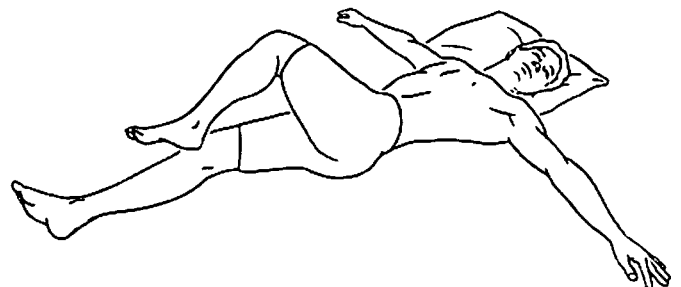
BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

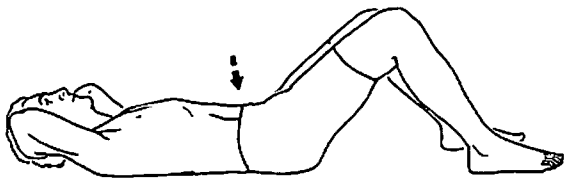
BACK - 54 Lumbar Rotation Stretch



Lie on back with right knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 30 seconds.

Repeat 3 times per set. Do ____ sets per session. Do ____ sessions per day.

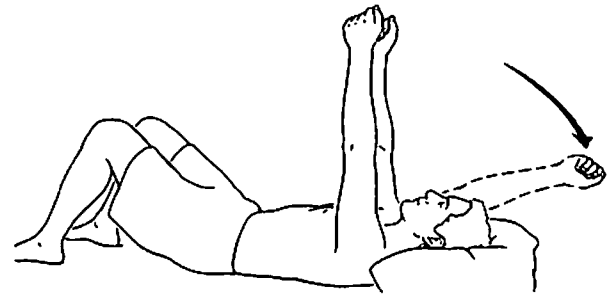
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

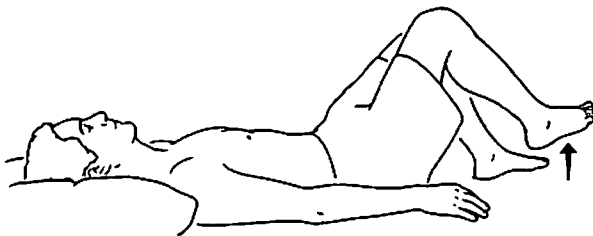
TRUNK STABILITY - 5 Extremity Flexion (Hook-Lying)



Tighten stomach and slowly lower right arm over head until back begins to arch. Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

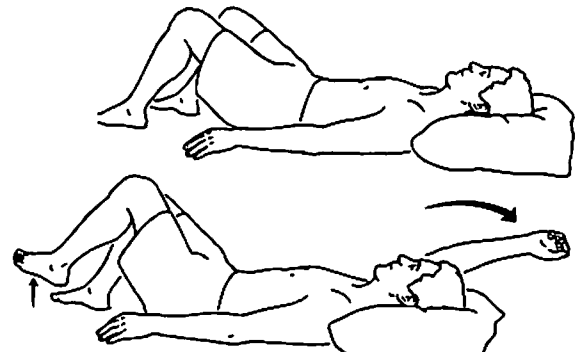
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg _____ inches from floor. Keep trunk rigid. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

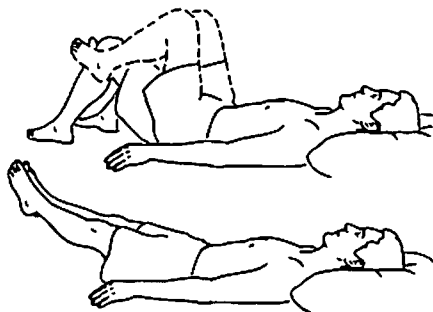
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise right leg and lower opposite arm over head. Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

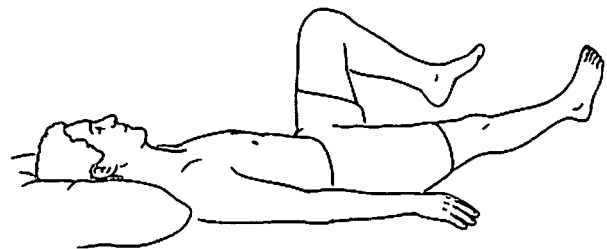
TRUNK STABILITY - 14 Double Knee Lift



With knees bent, slowly bring both knees toward chest, keeping stomach tight. Then extend legs without touching feet to floor. Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

TRUNK STABILITY - 15 Advanced Straight Leg Raise



With knees bent and feet _____ inches from floor, slowly straighten right leg, keeping stomach tight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

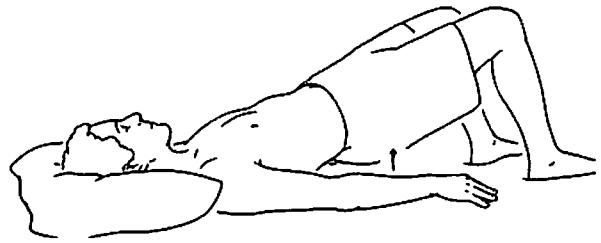
TRUNK STABILITY - 24 Isometric Gluteals



Tighten buttock muscles.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

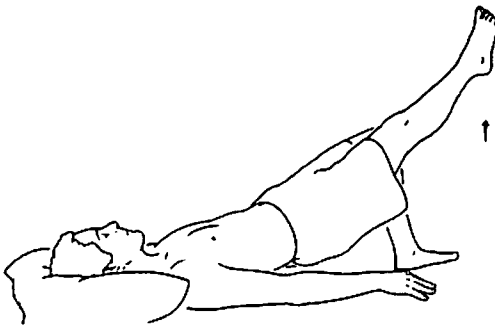
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

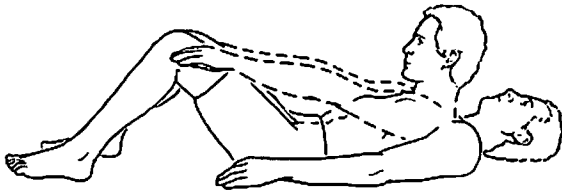
TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise



With legs bent, lift buttocks _____ inches from floor. Then slowly extend right knee, keeping stomach tight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

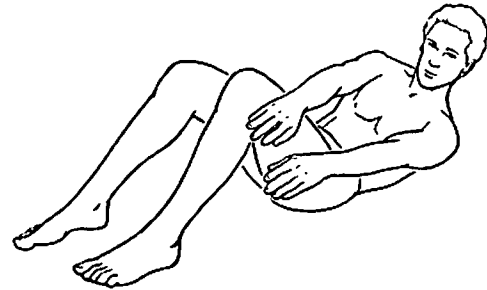
BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

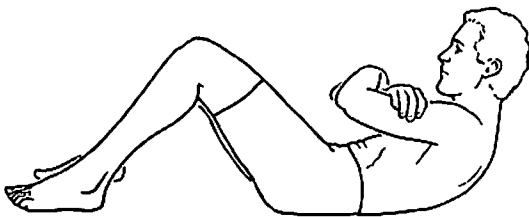
BACK - 24 Diagonal Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to right side as shoulder blades clear floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

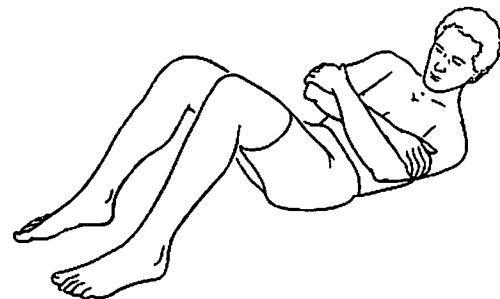
BACK - 25 Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

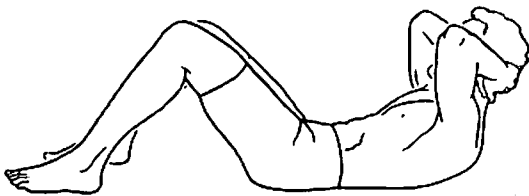
BACK - 26 Diagonal Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Lift head and shoulders from floor while rotating to right side.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

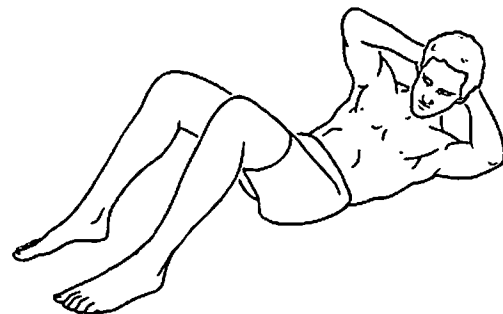
BACK - 27 Curl-Up: Phase 3



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

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

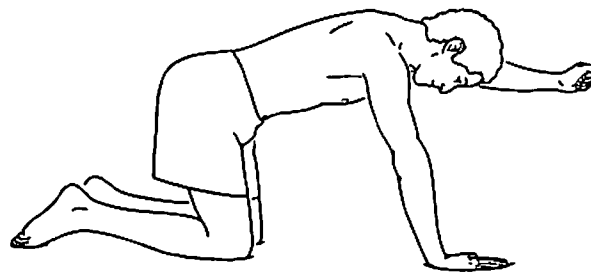
BACK - 28 Diagonal Curl-Up: Phase 3



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

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

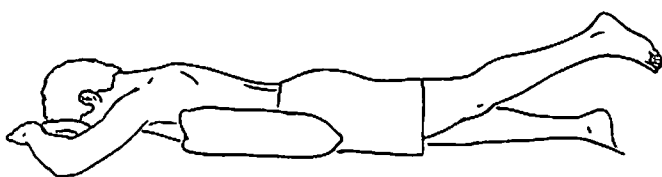
TRUNK STABILITY - 19
Upper Extremity Extension (All-Fours)



Tighten stomach and raise right arm parallel to floor.
Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

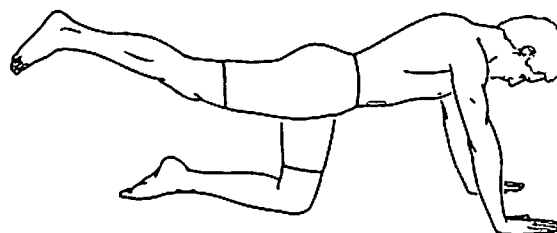
TRUNK STABILITY - 17 Straight Leg Raise (Prone)



Abdomen and head supported, keep right knee locked and raise leg at hip. Avoid arching low back.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 8 Hip Extension (All-Fours)



Lift right leg back with knee slightly flexed. Do not arch neck or back.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

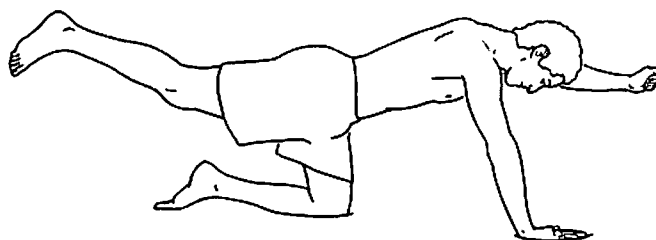
TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, right knee locked, raise leg and opposite arm _____ inches from floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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

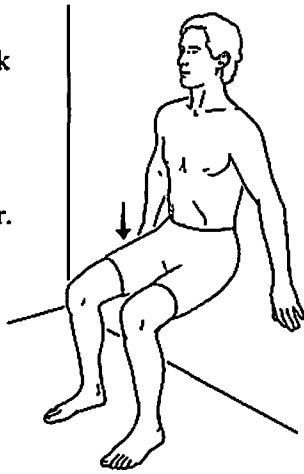


Tighten stomach and raise right leg and opposite arm.
Keep trunk rigid.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 31 Wall Slide

Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until thighs are parallel to floor. Keep back flat.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.