

Notes :

1 Transversus activation



Sets: 1 Reps: 5 each side and both Freq: 1x /day Hold: 5 s

Lie on your back with your knees bent and your lower back in neutral position (slightly arched).

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you lift one knee up until the thigh is vertical

2 Bilateral glute bridge on heels



Sets: 1 Reps: 10 Freq: 1x /day Hold: 10 sec

Lie on your back with your knees bent. Lift your toes off the floor and squeeze your buttocks together to lift them off the ground until your hips are in line with your thighs and torso with your spine neutral (do not arch your back).

Slowly lower your body and repeat.



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lumbar 2

Client

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and your hip is at 90 degrees. Then return it to starting position. repeat with other leg. While the first leg is held still, lift the other leg in the same position without moving your lower back. Return to the starting position by slowly lowering one leg at a time and repeat starting with the other leg.

3 Bird dog, alternate legs and arms



Sets: 1 Reps: 5 each side Freq: 1x /day
Hold: 5 sec

Begin on all fours with your hands under your shoulders and knees under your hips.

Keep your back straight and head in line with the spine.

Extend one arm and hold for 5 seconds, then return to neutral.

Extend the opposite leg and hold for 5 seconds, then return to neutral.

Make sure your arm and leg are leveled with

4 Bird dog



Sets: 1 Reps: 10 each side Freq: 1x /day
Hold: 5 sec

Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.

Your back is in a neutral position (slightly arched) and your chin must be tucked in.

Tighten slightly your abdominals, lumbar muscles and pelvic floor muscles then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.



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your back when you lift.

Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.

Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.