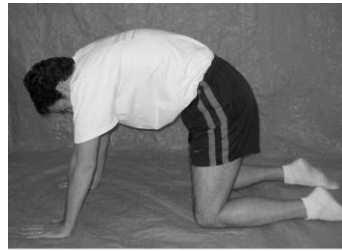
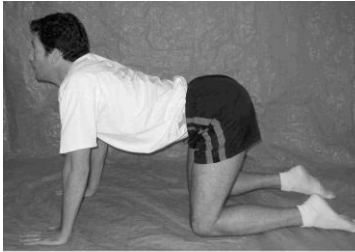


CORE STRENGTH EXERCISES



CAT/CAMEL
Place hands and feet on floor, approximately shoulder's width apart. Back should be neutral.

Cat: draw belly towards floor and flatten low back

Camel: draw belly towards ceiling and arch low back

Repeat 15-20 times or as prescribed

BRIDGES

- lie on back with feet approximately shoulder's width apart. Place hands on stomach
- contract abdominal muscles and raise hips off floor so back is neutral. Hold for 3 seconds and lower hips **SLOWLY**

Perform 15-20 repetitions, 1-2 times/day or as prescribed.



BIRD DOG

- place hands and knees on ground, approximately shoulder's width apart
- extend right arm and left leg and hold for 3 seconds. Return slowly to start position

Perform 15-20 repetitions or as prescribed

SIDE BRIDGE

- lie on right side with elbow bent at 90°
- raise left hip up to neutral position and then slowly lower back towards floor

Perform 10-15 repetitions or as prescribed.

Repeat on other side

