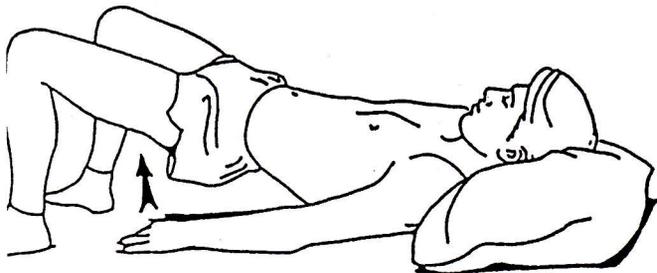
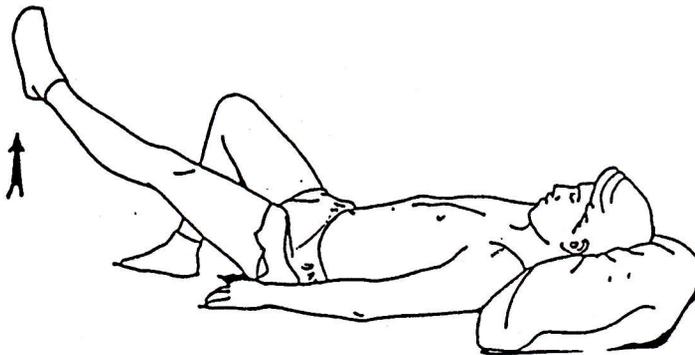


TRUNK STABILITY-9
Bridging



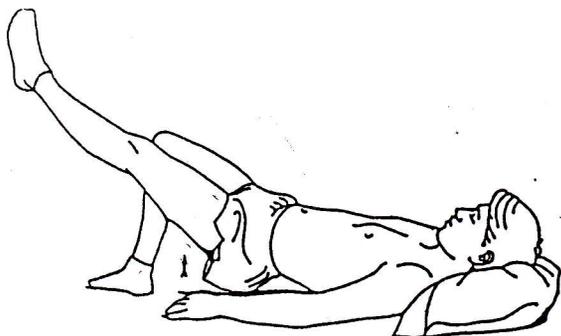
Slowly raise buttocks from floor, keeping stomach tight. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

TRUNK STABILITY-12
Straight Leg Raise



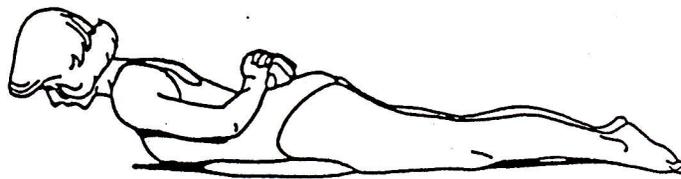
Tighten stomach muscles and slowly raise locked leg 8 to 12 inches from floor. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

STRAIGHT LEG RAISE



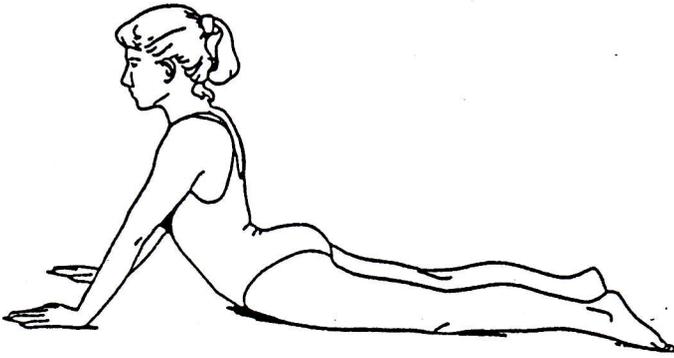
begin by lifting buttocks 6 to 8 inches from floor, then slowly extend one knee keeping stomach tight. Hold ___ seconds, then slowly bend knee to starting position. Repeat ___ times on each side. Do ___ sessions per day.

BACK -3
Upper Body Extension



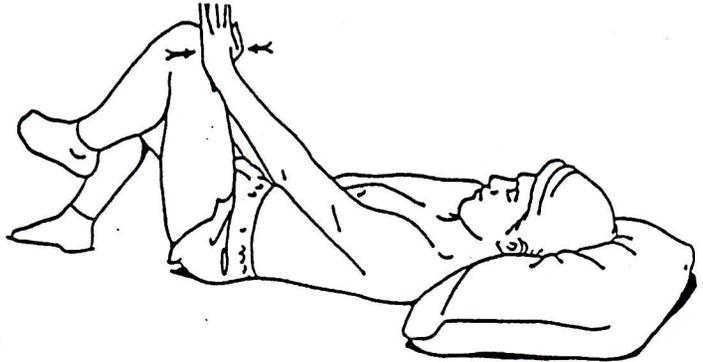
With pillow supporting abdomen, clasp hands behind back and lift upper body off floor. Keep chin tucked while lifting. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

BACK-2 PRESS-UP



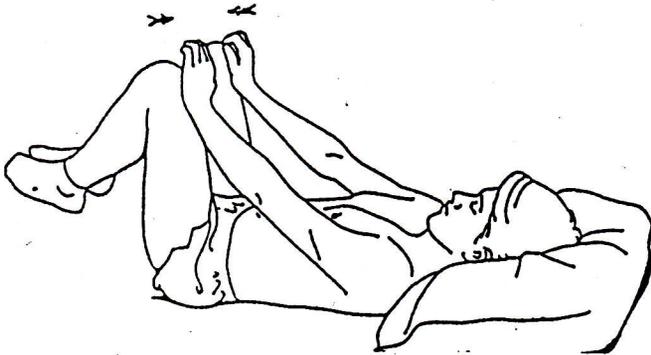
Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

TRUNK STABILITY-10 Unilateral Isometric Hip Flexion



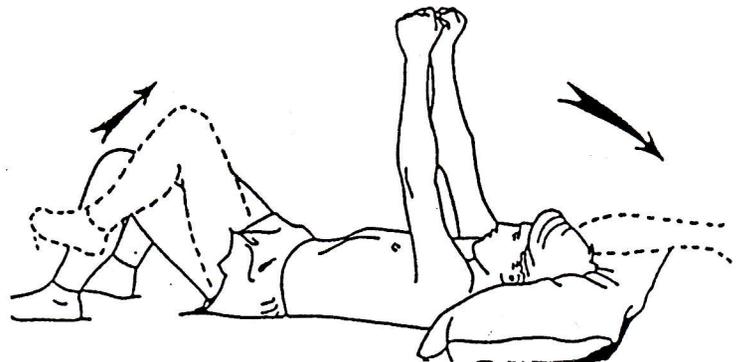
Tighten stomach muscles and raise knee to outstretched arm. Gently push, keeping arm straight and trunk rigid. Hold ___ seconds. Repeat ___ times on each side. Do ___ sessions per day.

TRUNK STABILITY-11 Bilateral Isometric Hip Flexion



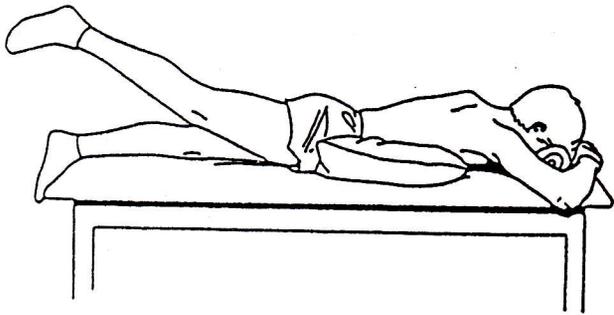
Tighten stomach muscles and raise both knees to outstretched arms. Gently push, keeping arms straight and trunk rigid. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

TRUNK STABILITY-7 Hook lying Combination



Tighten stomach muscles as you slowly raise one leg and lower opposite arm over head. Hold ___ seconds then slowly return to starting position keeping trunk rigid. Repeat ___ times on each side. Do ___ sessions per day.

TRUNK STABILITY -17
Prone Straight Leg Raise



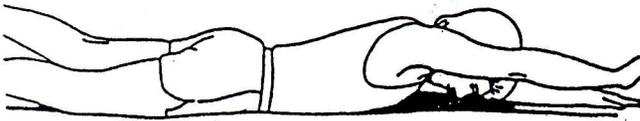
Keep knee locked and raise leg at hip. Be careful to avoid lifting back. Hold ___ seconds Repeat ___ times on each side. Do ___ sessions per day,

BACK -11
Prone Back Extension



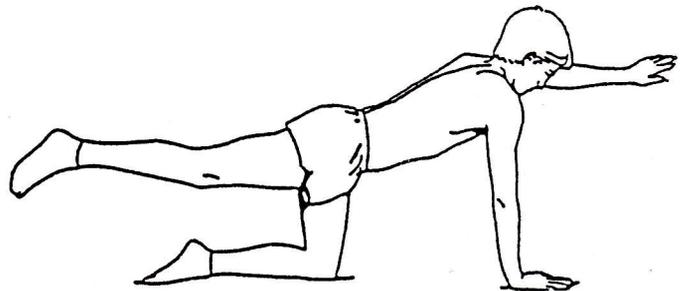
Lift upper body and legs off floor. Do not arch neck. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

BACK 5
Alternate arm and leg lift



Knee locked and lift leg 8-10 inches from floor, along opposite arm. Hold ___ seconds. Repeat ___ times. Do ___ sessions per day.

TRUNK STABILITY-20
Quadruped Opposite Upper and Lower Extremity Extension



Tighten stomach and simultaneously raise leg and opposite arm. Hold ___ seconds then slowly return to starting position, keeping trunk rigid. Repeat ___ times on each side. Do ___ sessions per day.