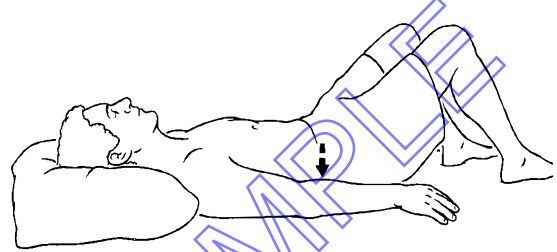




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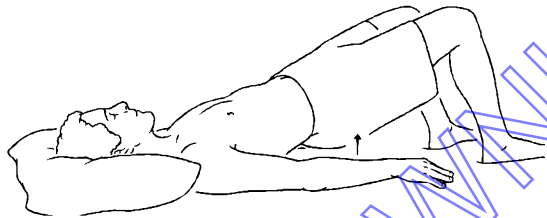
TRUNK STABILITY - 4 Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold 10 seconds.

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

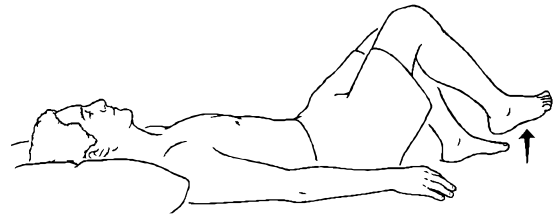
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

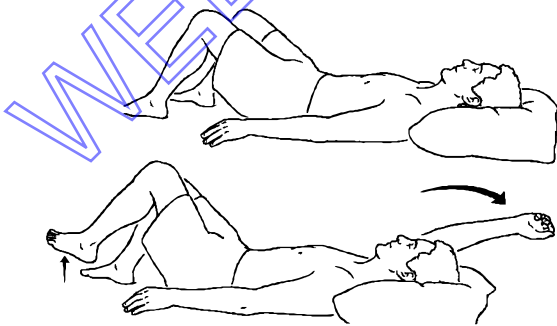
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg 4-6 inches from floor. Keep trunk rigid. Hold      seconds.

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

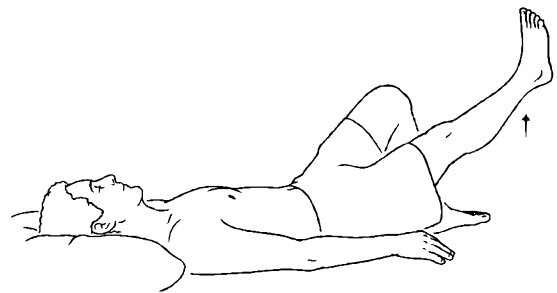
TRUNK STABILITY - 7 Combination (Hook-Lying)



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

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

TRUNK STABILITY - 12 Straight Leg Raise

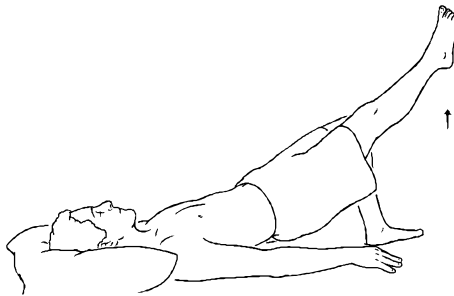


Tighten stomach and slowly raise locked right leg 4-8 inches from floor.

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

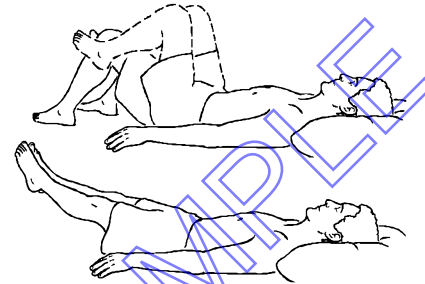


TRUNK STABILITY - 13 Bridging:  
with Straight Leg Raise



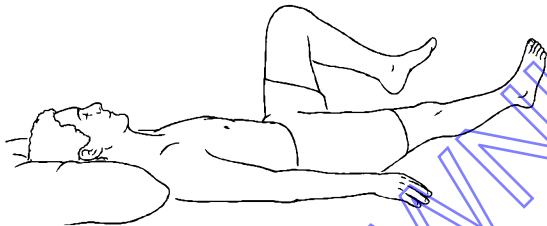
With legs bent, lift buttocks 2-4 inches from floor. Then slowly extend right knee, keeping stomach tight.  
Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

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 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

TRUNK STABILITY - 15 Advanced Straight Leg Raise



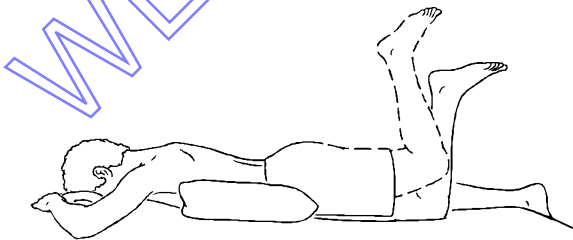
With knees bent and feet 4-6 inches from floor, slowly straighten right leg, keeping stomach tight.  
Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

TRUNK STABILITY - 25 Neck / Back Isometric (Prone)



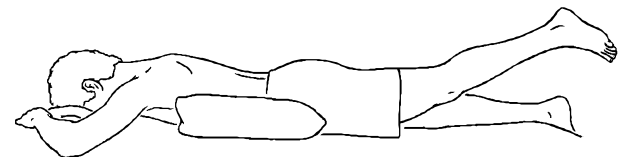
With pelvis slightly tilted, tense the muscles of back and neck without moving or lifting trunk.  
Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

TRUNK STABILITY - 16 Bent Knee Lift (Prone)



Abdomen and head supported, bend right knee and slowly raise hip. Avoid arching low back.  
Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

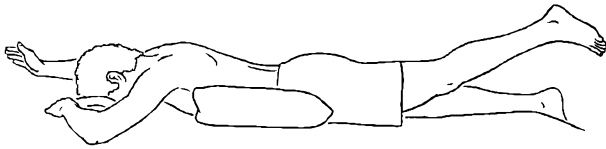
TRUNK STABILITY - 17 Straight Leg Raise (Prone)



Abdomen and head supported, keep right knee locked and raise leg at hip. Avoid arching low back.  
Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.



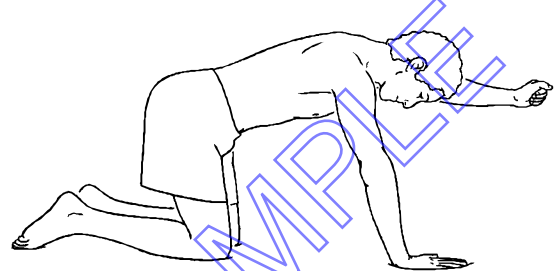
TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, right knee locked, raise leg and opposite arm 2-4 inches from floor.

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

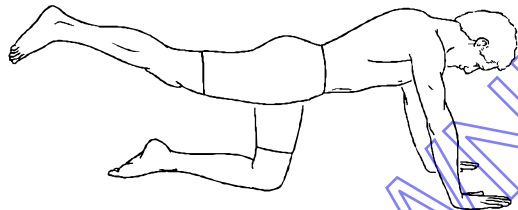
TRUNK STABILITY - 19  
Upper Extremity Extension (All-Fours)



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

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

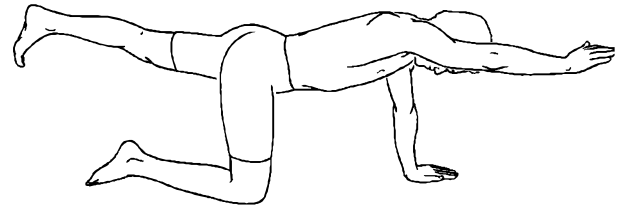
BACK - 8 Hip Extension (All-Fours)



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

Repeat 10-15 times per set. Do 3-4 sets per session.  
Do 3 sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)

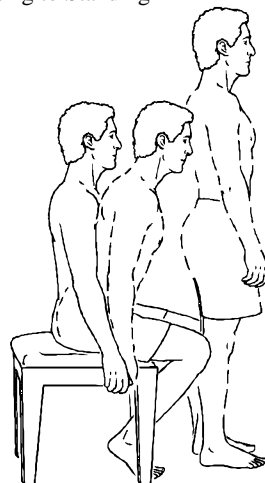


Raise right arm and opposite leg. Do not arch neck.

Repeat 10 times per set. Do 3 sets per session.  
Do 3 sessions per day.

TRUNK STABILITY - 31 Sitting to Standing

With straight back, tighten stomach, place right leg back under chair, lean slightly forward and stand.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 3 sessions per day.