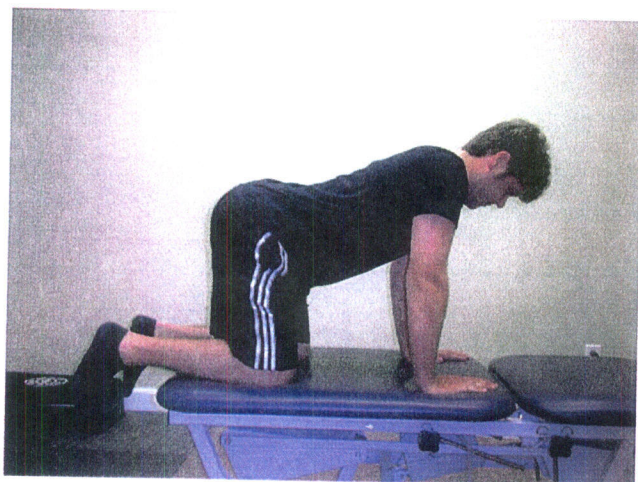


Quadruped Brace



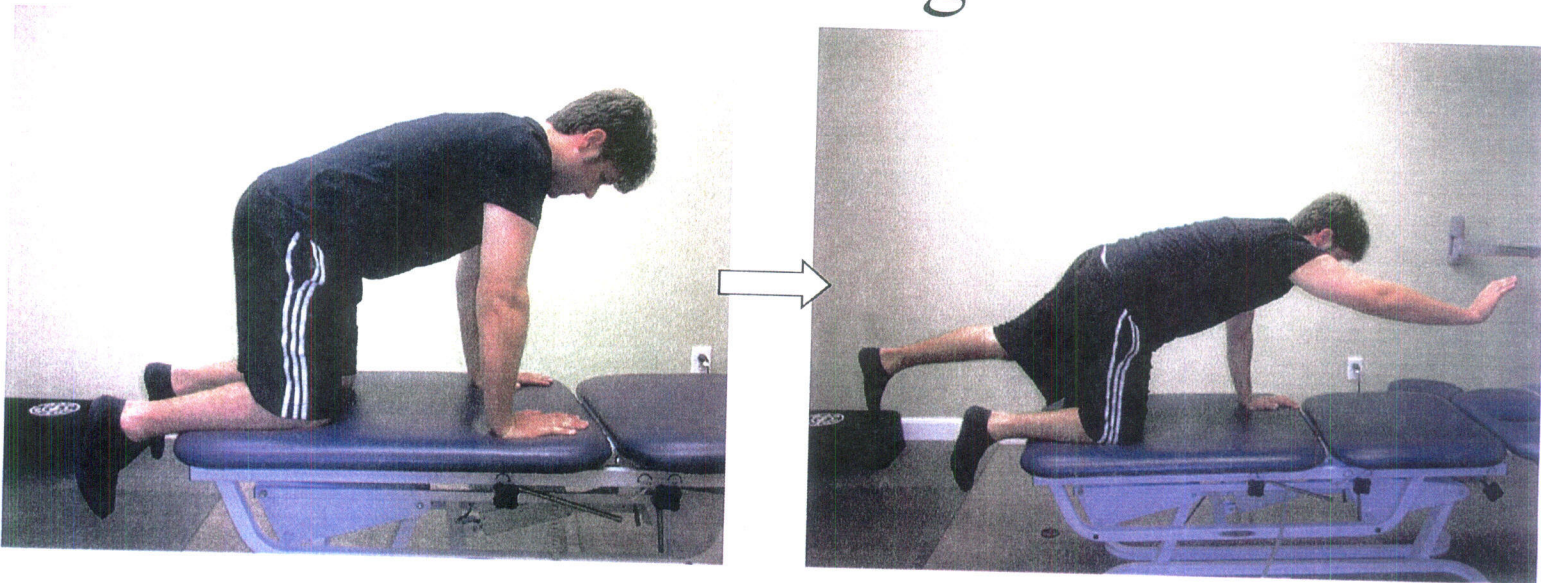
Setup:

1. Begin on all 4's. It is best to have feet hanging off table.
2. Relax and let belly sag.
3. Bring belly up so the back is neutral.
4. Brace by "Acting as if someone is going to punch you in the stomach."
5. Push your shins into the table and simulate a kegel exercise.
6. Hold for 5-10 secs while breathing.
7. Repeat 10 times, 3-4 times a day.

Notes:

- Don't forget to breath.
- Do not round the low back.

Bird Dog



The bird dog is for core stability and low back stabilization

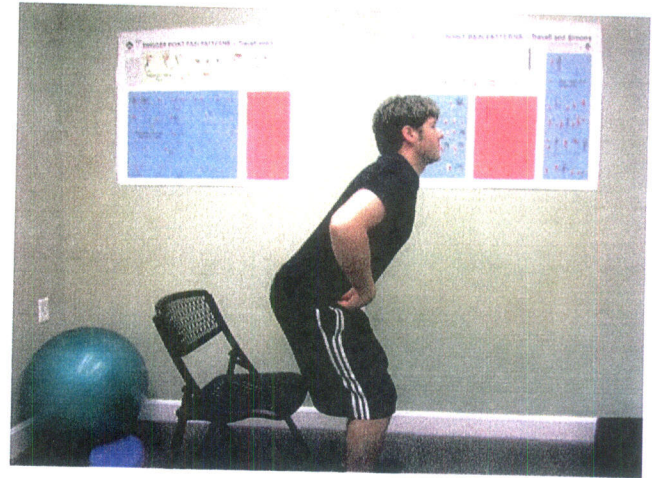
Setup:

1. Begin on all fours, with your knees under hips and hands under shoulders.
2. Your spine should be as straight as possible
3. Perform a core brace. Lift one arm up to ear level and slowly extend the opposite leg back, sweeping it on the ground. The spine should stay straight.
4. Return the arm and leg to the start position and repeat with the other arm and leg.
5. Repeat for 30 reps.

Notes:

- Things to avoid
 1. Do not let your low back sag or curl up.
 2. Keep your neck in line with your back
 3. Do not sway side to side
 4. Do not let your back twist.

Hip Hinge



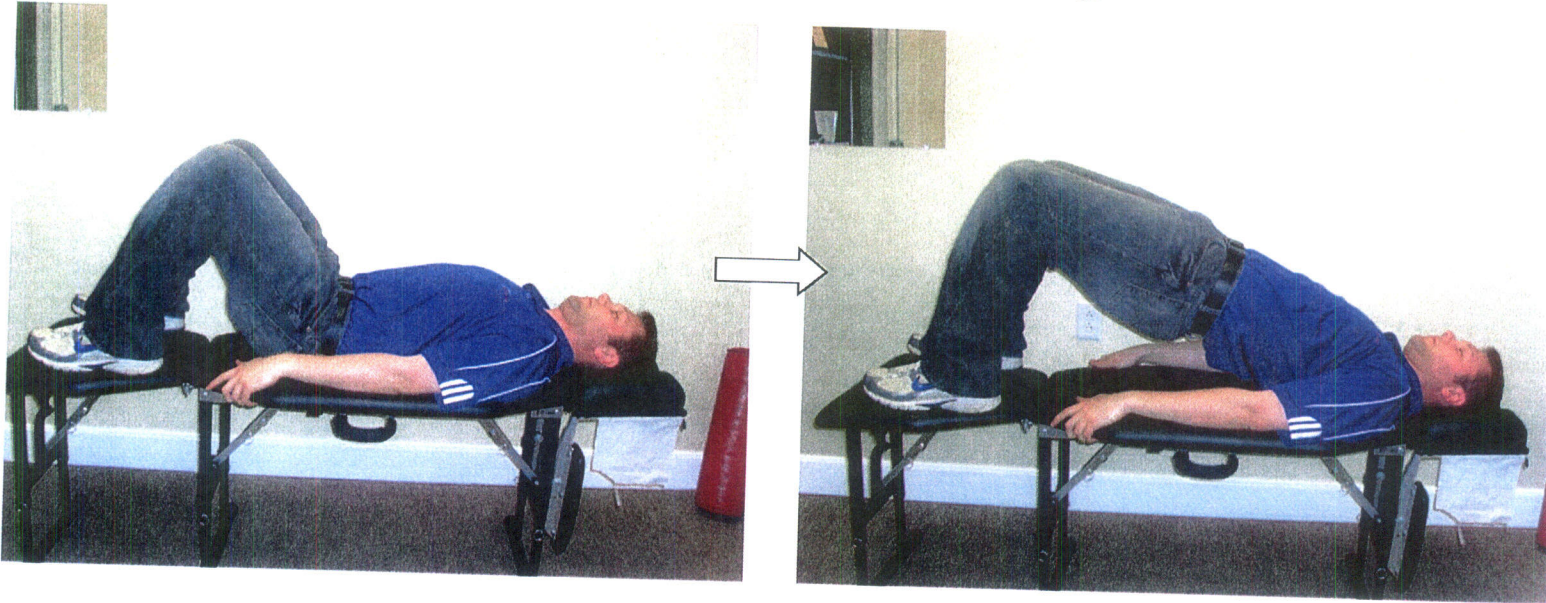
Procedure:

1. Stand with your knees slightly bent.
2. Keep your back straight or slightly extended.
3. Place one hand on your belly and one on your low back. Rotate your pelvis forward, you should feel slight stretch in hamstring and glut muscles.
4. You should feel your stomach bulge and your low back arch.
5. Squat down by bringing your hips backwards and down. Imagine someone is pulling your hips backward.
6. Make sure that your knees are behind your toes.
7. As you squat towards the ground make sure you do not round your back.

Notes:

- This can be used to sit into a chair or pick something up from the ground or on a table.

Glut Max Bridge



Glut Max bridges strengthen your gluts and core.

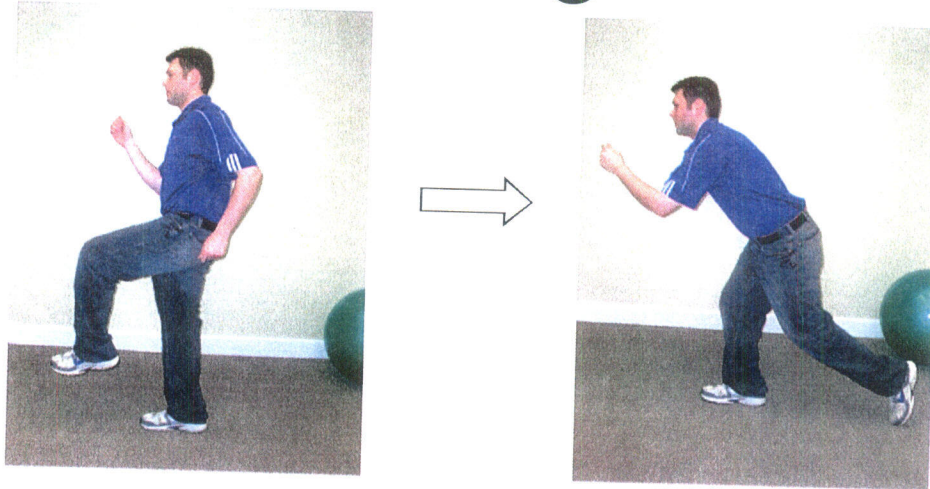
Setup:

1. Begin by lying on your back, knees bent to 90° and arms at your side. Feet shoulder width apart.
2. Then lift your pelvis and back off the ground trying to solely use the glut muscles. The thighs and legs should be in a straight line.
3. Lifts for a 1 second count. This position is held for 5-10 secs. Then returns to the ground slowly for a 3 second count.
4. Once the gluts touch the ground, the patient lifts again
5. Repeat for 3 sets of 10.

Notes:

- Things to avoid
 1. Extending of the low back
 2. Excessive Contraction of the **hamstrings** and back muscles
 3. Relaxation of the gluts while holding for 5-10 count

Running Man



Running man is a glut exercise that includes the entire body

Setup:

1. Start standing in a neutral position.
2. Raise one leg off the ground bringing the knee up to 90 degrees simultaneously moving the opposite arm forward (as if you are going to jump).
3. Now move the raised leg behind you trying to touch 6 o'clock, while at the same time bending through the hips.
4. There should be minimal bend at the knee in the stance leg.
5. Your arms and legs should be moving like you are running.
6. Tap the toe on the ground behind you and repeat.
7. Repeat for 3x10.

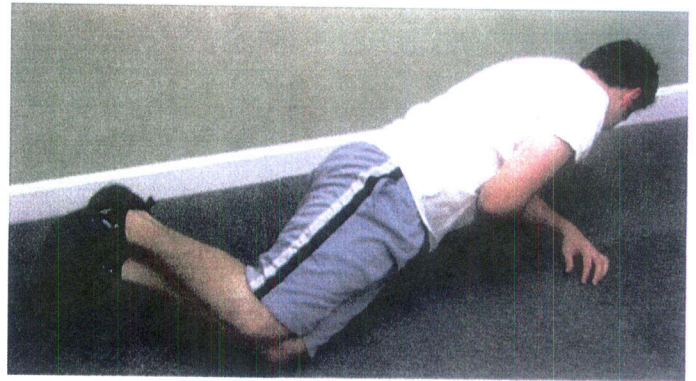
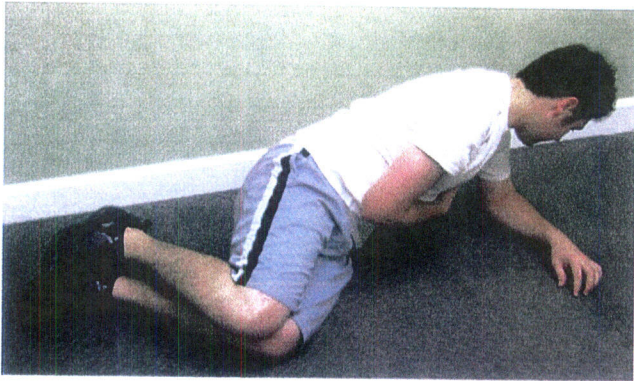
Progression:

1. This can be done with the toe touching in different directions. For example, straight back, back at a 45 degree angle, and straight to the side.

Notes:

- When performing this exercise, there should be very little knee bend, and you should feel it primarily in the upper outer portion of your gluts.
- The farther you reach back with your leg the more challenging it will be.
- It's normal to have some burn in other muscles of the leg. However, you should feel it primarily in the gluts.

Diagonal Sit Side Bridge



This exercise helps strengthen your shoulder blade muscles and core

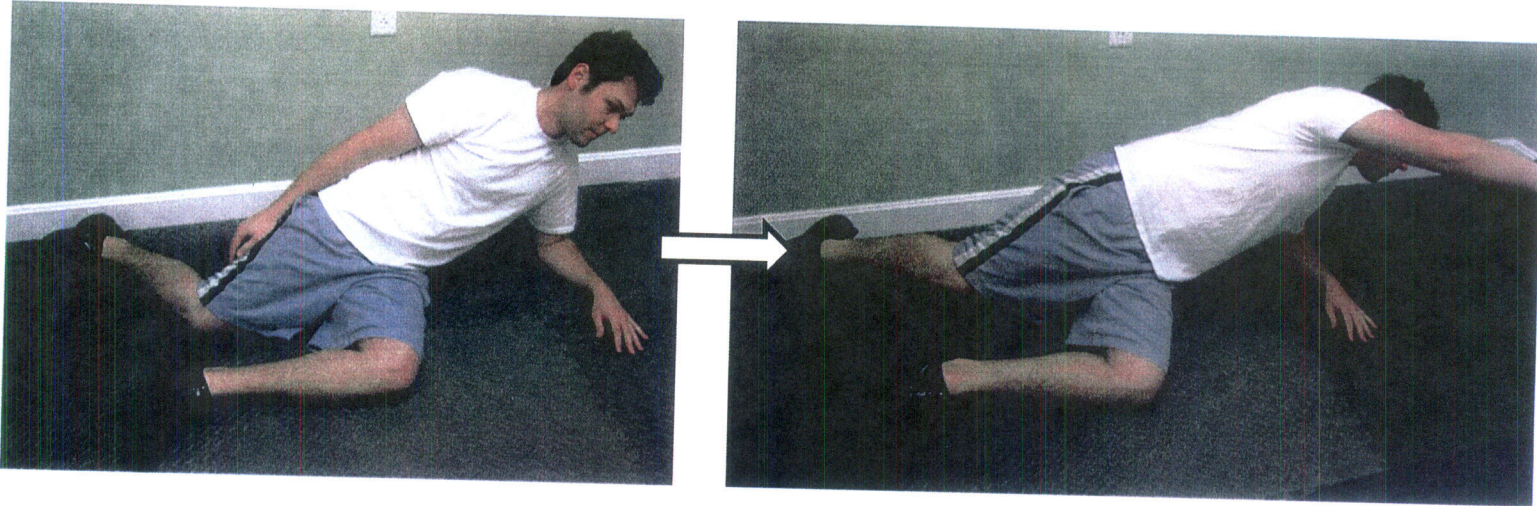
Setup:

1. Begin on your side, supported by your elbow and hip. Your knees should be bent at 90° and hips slightly flexed.
2. Rotate your upper body over your shoulder, so that you are looking at your downside arm.
3. Bring your hips up off the ground and forward, so your spine is in a straight line.
4. Act as if a string is attached your pelvis and is then pulled on bringing the pelvis forward into the holding position.
5. Hold this for 5-10 secs. Repeat for 30 reps.

Notes:

- Things to avoid
 1. Raising the hips off the ground instead of straightening the torso
 2. It is okay to have your shoulder be a little sore, after a week of training your core muscles, they will support more of your body's load and relieve some of the weight on the shoulder.
 3. Do not let your hips sag
 4. We don't want any trunk movement.

Diagonal Sit Exercise



This exercise activates posterior chain, TL function, and abdominal function

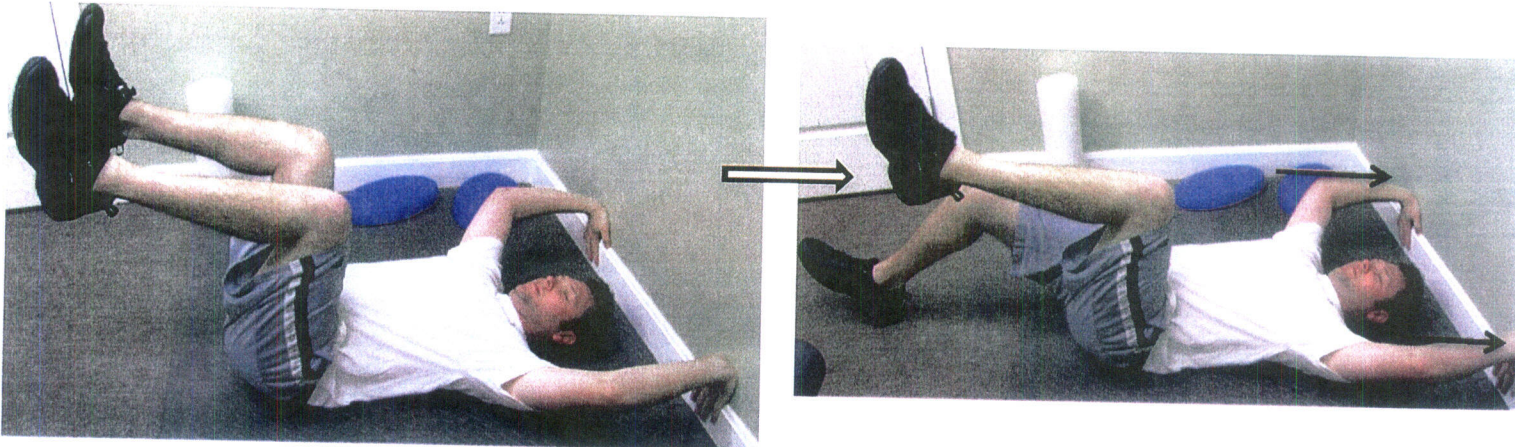
Setup:

1. Begin on your side, supported by your elbow and hip. Your bottom knee and hip should be bent at 90° . The top leg should be slightly bent at 45°
2. Rotate your upper body over your shoulder so you can see your downside arm.
3. Try to reach forward with your other hand while pushing off knee loading the knee and elbow.
4. Hold your 10 secs and repeat 10 times.

Notes:

- You should feel this in your core, gluts and lower shoulder blade.
- Stop if it burns more in the neck or traps.

RT1 Core exercise



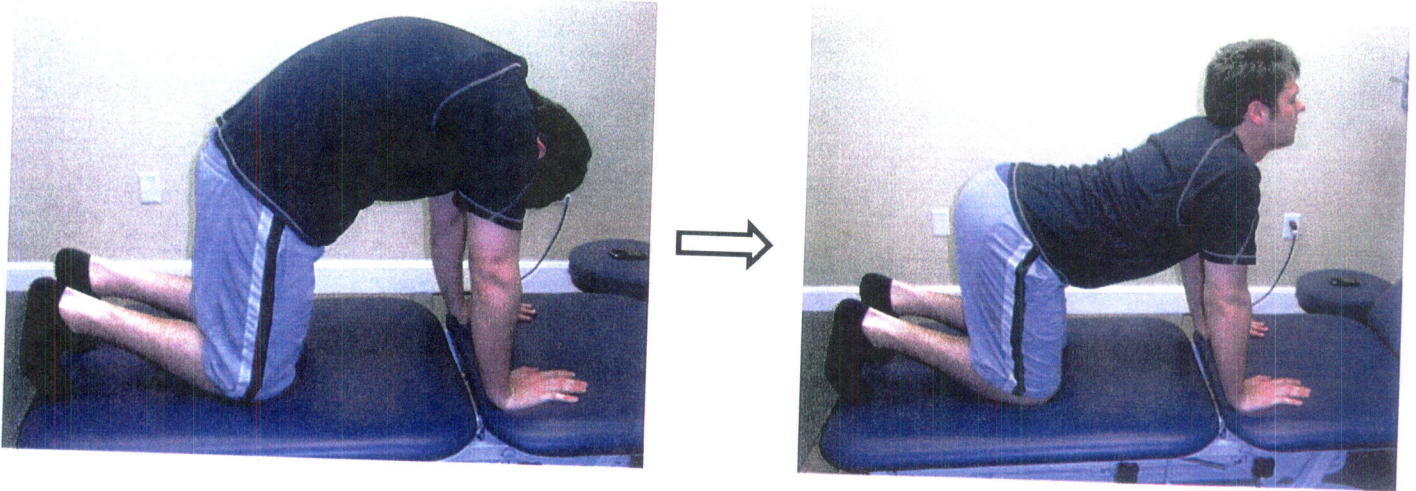
Setup:

1. Lie on your back with your head about one foot from the wall.
2. Place your palms against the wall while being sure your elbows are slightly bent.
3. Lift one leg up at a time until both feet are in the air with your knees bent
4. Push away from the wall with your hands, but don't actually move your body. You should feel your abs tighten.
5. Breathe normally.
6. Continue to push away from the wall and lower one leg at a time to the ground taping your heel.
7. Repeat on each side 10 times for 3 sets.

Notes:

- You can put a small pillow or towel under your head for slight support.
- Should feel 360 degree core brace when pushing the wall.
- Your ribs should also move downward when pushing the wall.
- Your low back should not arch as you lower your leg.

Cat Camel Mob



This exercise creates controlled, coordinated movements of core muscles and provides spinal mobility of soft tissues, connective tissues and the discs.

Setup:

1. Start on all fours with your hands directly below your shoulders and knees directly below your hips.
2. Bring your chin to your chest while arching your back like a cat. Do not go to end range.
3. Once you are rounded, gently reverse direction to look at the ceiling while allowing your stomach dropping towards the floor.
4. If it is painful at any point, continue the exercise, just modify how far you move to avoid the pain.
5. Do 3 sets of 10 reps 3-4x per day.

Notes:

- This is not a stretch, only a mobilization, “no pain, no gain” DOES NOT APPLY!