

## Home Exercise Program

### 1. Trunk: Prone Forward Plank on Elbows



- Lie on your stomach with elbows on the ground at 90 degrees.
- Push up from elbows into a plank position.
- Keep your back straight and abdominals drawn in.
- Maintain the position without arching/sagging the lower back and relax.
- Return to start position and repeat.

**Sets: 1-2 Reps: 3 Hold: 30-60sec**

### 2. Lower Extremity: Plank Hip Flexion on Chair (Mountain Climbers)



- Place your hands on a chair, get into the plank position, keep your body straight and your abdominals tight by drawing them in.
- From the initial position, bring one knee in towards the chest.
- Return the leg back to the starting position and repeat with the other leg.
- Relax and repeat as directed.

-PROGRESSION: Perform in plank position with hands on floor, keep back flat

**Sets: 2 Reps: 10**

### 3. Trunk: Side Lying Plank



- Lie on your side with legs straight and in line with body.
- With your upper body resting/supported on your elbow, make sure the elbow is directly under the shoulder.
- Lift pelvis and hold your body on a straight line.
- Lower your body and repeat.

-EASIER: keep knees bent and rise up on elbow and knee

**Sets: 1-2 Reps: 3 Hold: 30-60sec**

### 4. Trunk: Opposite Arm/Leg Lifts (Bird Dog)



- Support yourself on your on all fours, your back straight and your head in line with your body.
- Tighten your abdominal muscles by pulling your belly button towards your spine and hold the contraction.
- Lift up your arm and opposite leg by straightening the hip and knee.
- Hold as prescribed.
- Return to starting position.

- NOTE: Do not let the trunk move while lifting your arm and leg.

**Sets: 1-2 Reps: 10**

### 5. Lumbar: Prone Back Extension (Superman)



- Lie on your stomach with your arms and legs stretched out making your body as long as possible.
- Lift your legs and arms up to the ceiling arching your back.
- Return and repeat.

-PROGRESSION: Swimmer - gently move arms and/or legs up and down (not touching the floor) and try to maintain balance

**Sets: 1-2 Reps: 3 Hold: 20-30sec**