



## Curl Up

1. Lie flat on your back
2. Place hands under curve of lower back
3. Bend right knee and bring right heel as close to right buttock as comfortable
4. Gently flex your stomach
5. While keeping neck in a neutral position, lift shoulder blades off the floor and hold position
6. Return to the starting position
7. Breathe out and in
8. Flex your stomach and repeat
9. Perform all reps on one side
10. Switch which leg is bent and repeat all reps on that side

**Intensity** = 3 reps on each side w/3s hold

## Bird Dog

1. Get on all fours
2. Keep spine in neutral position all the way through your neck
3. Take breath in and gently flex stomach
4. Make fist and shoot your arm out in front of your body
5. Hold position: should feel this in upper back and shoulder
6. Move only right arm (one in air) back in, touch opposite knee, then go back to the position with your arm in front of your body
7. Gently brace again
8. Kick right leg back so that foot is few inches off ground, Right butt cheek should be flexed but rest of body shouldn't move
9. Hold position
10. Bring leg back in, don't let it touch ground, then extend it back

**Intensity** = 3 reps each of 6s hold

# Lower Back Pain



## Iso Side Plank

1. Lie on your hip propped up on your elbow which is directly under your shoulder
2. Drive into the ground through your right elbow to elevate hips off of the ground
3. Squeeze butt to bring hips in line with the rest of your body
4. Body should be in a straight line in both of these planes
5. Put your left hand over your right shoulder to stabilize it

**Intensity** = 20s hold each side



## Standing Hinge

1. Standing with your feet roughly shoulder width apart push your butt back as your palms slide down the front of your thighs
2. Your back should remain flat
3. Squeeze your butt to return to standing

**Intensity** = 8 reps each side



## Walking Lunge

1. If help with balance is needed, perform exercise while holding onto something like a wall or a table
2. Keeping upright, step forward with left leg as far as you can comfortably go, make sure both knees are bent at roughly the same angle
3. This should be somewhat challenging yet not painful
4. If needed you can push off your front knee
5. Do what is most comfortable and safe for you

**Intensity** = 6 reps each side

### **F.I.T.T. Principle:**

**Frequency:** 1x/day

**Intensity:** see chart

**Type:** moving strength, holding strength, and some flexibility

**Time:** 1 min/exercise x 5 Exercises x 3 sets = 15 min/day

\*Perform exercise 1 then 2,3,4 and 5 then start back at exercise 1 and do all five again. Then a third time. You are now done!

Exercise	Common Mistakes	Progression steps
Curl up	<ul style="list-style-type: none"> <li>- Most common is to use too large of a range of motion, we want limited motion because we are teaching the core to stabilize the spine, unlike a traditional sit-up</li> <li>- You should be slightly tucking your neck for a more comfortable position</li> <li>- Next common is not holding the movement for a few seconds at the top</li> </ul>	<ul style="list-style-type: none"> <li>- Hold the position for up to 6s</li> <li>- Perform more reps</li> <li>- Lift elbows off of the ground</li> </ul>
Bird Dog	<ul style="list-style-type: none"> <li>- Don't arch back while extending leg or arm</li> <li>- Don't shift hips when you lift your knee off the ground</li> <li>- We are trying to prevent spine movement during perturbations so <b>do not</b> let your hips shift</li> </ul>	<ul style="list-style-type: none"> <li>- Hold position for up to 10s</li> <li>- Move opposite arm and leg at same time</li> <li>- Keep body in straight line</li> <li>- After the hold bring arm and leg back to starting position and gently tap thigh before performing another repetition</li> <li>- Don't let back over extend or round while extending arms and legs</li> <li>- Perform more reps</li> </ul>
Iso side plank	<ul style="list-style-type: none"> <li>- Most common is letting your body fall out of straight lines, make sure you are actively trying to push away from ground while also squeezing your butt to keep your body straight</li> <li>- You don't want to be rotated</li> </ul>	<ul style="list-style-type: none"> <li>- Hold position for up to 60s</li> <li>- Perform from your feet</li> <li>- Remove left hand from left shoulder</li> <li>- Place top leg in front of back leg and perform the movement from your feet</li> </ul>
Standing Hinge	<ul style="list-style-type: none"> <li>- Don't think of bending forward. Think of pushing your butt back as if trying to hit something behind you, and then your body will fold</li> <li>- To prevent over extending when standing up, just think of squeezing your butt to get back to the top position</li> <li>- Only go down as far as you can go without your back rounding</li> <li>- We are trying to keep the spine aligned so don't "crank" your neck back or forward but keep it neutral</li> </ul>	<ul style="list-style-type: none"> <li>- Perform on one leg</li> <li>- Start with table or chair to help balance, only remove it once you are comfortable with movement</li> <li>- Want to keep hips and chest facing floor as your body almost rotates about the fixed hip</li> <li>- Want your ear to heel to be a straight line regardless of how far you go so if you can only go down halfway, do not bend your torso to go further but just stop the movement there</li> <li>- Perform more reps</li> </ul>
Walking Lunge	<ul style="list-style-type: none"> <li>- Make sure you are not "breaking" at your torso to go further down, stay as upright as possible even if that means the range of motion at your knees is decreased</li> <li>- With every repetition, make sure your knee is in line with your toe and not caving in</li> </ul>	<ul style="list-style-type: none"> <li>- Perform up to 12 reps each side</li> <li>- Form permitting, perform full range of motion</li> <li>- Squeeze butt at top</li> <li>- Don't push off back leg</li> <li>- Keep trailing leg in the air and squeezing butt after every rep</li> </ul>



## Bent Knee Deadbug

1. lie on your back in a neutral position with your arms by your sides and your hips and knees bent at 90 degrees in the air
2. take a breath and flex your stomach
3. While keeping your knee bent, lower one leg at a time to the ground
4. lightly tap your heel on the ground before returning to the starting position
5. repeat

**Intensity** = 8 reps each side

## Glute Bridge

1. Lie down flat on your back
  2. Bring both knees in so that your heels are roughly one foot's length away from your butt
  3. Have your arms on your shoulders so that you're not using them for help
  4. Breathe in gently flex your stomach
  5. Squeeze your butt to bring your hips up off the ground
  6. Hold it for a second at the top and then return to the starting position and repeat
  7. If instead of feeling it in your butt you feel it on the underside of your thighs walk your legs in closer
  8. If you instead feel it on the top of your thighs bring your toes up and perform the exercise from your heels
- Intensity** = 12 reps w/1s hold

# Lower Back Pain



## Iso Plank

1. Lie on the ground on your stomach with both your elbows and knees roughly shoulder-width apart
2. Drive your elbows into the ground
3. Try to keep your body in a straight line

**Intensity** = 20s hold



## Lying Bird Dog

1. Lie on your stomach with your arms above your head in a "superman position"
2. Lift your opposite arm and leg a few inches off the ground while ensuring your back remains in a neutral position
3. After holding at the top return to the starting position and then perform with the opposite leg and arm

**Intensity** = 3 reps each of 6s hold



## Clock Touches

1. Stand with your feet roughly shoulder-width apart
2. Pretend there is a clock on the ground in front of you
3. Using one leg touch 12 o'clock, three o'clock, six o'clock and then seven or eight o'clock returning to the starting position between every movement
4. If this causes knee pain you do not need to touch as far away as is being shown

**Intensity** = 4 rounds each side

### F.I.T.T. Principle:

**Frequency:** 1x/day

**Intensity:** see chart

**Type:** moving strength, holding strength, and some flexibility

**Time:** 1 min/exercise x 5 Exercises x 3 sets = 15 min/day

\*Perform exercise 1 then 2,3,4 and 5 then start back at exercise 1 and do all five again. Then a third time. You are now done!

Exercise	Common Mistakes	Progression steps
Bent Knee Deadbug	<ul style="list-style-type: none"> <li>- Make sure your back is not excessively arched while performing the reps</li> <li>- Also don't want it to be excessively rounded so that you can't fit your hands under your lower back</li> <li>- We want your lower back in a neutral position so in theory you could place your hands below it</li> <li>- We also want to keep the legs bent at roughly 90 degrees when the heel touches the floor and not have them straighten on the way down</li> </ul>	<ul style="list-style-type: none"> <li>- Perform more reps</li> <li>- Incorporate arms into the movement, opposite arm and opposite leg move at the same time and when your heel touches the floor the hand of the opposite arm should touch the floor too before returning to the starting position</li> </ul>
Glute bridge	<ul style="list-style-type: none"> <li>- Don't think of moving your hips, think of squeezing your butt and it pushing up, this will prevent you from overextending your back</li> <li>- Make sure you are still squeezing your butt hard and for a full second at the top of each repetition</li> </ul>	<ul style="list-style-type: none"> <li>- Perform up to 20 reps</li> <li>- Perform exercise on one leg (one leg straight in the air)</li> <li>- Remove your hands from the floor for an additional challenge</li> </ul>
Iso plank	<ul style="list-style-type: none"> <li>- Do not let your back sag or round we want to keep it in a neutral position, this can be achieved by flexing the butt</li> <li>- Do not let the body sag at the shoulders this can be prevented by driving the elbows into the ground</li> </ul>	<ul style="list-style-type: none"> <li>- Hold the position up to 60s</li> <li>- Perform from your feet</li> </ul>
Lying Bird Dog	<ul style="list-style-type: none"> <li>- We want to prevent movement of the spine so instead of thinking to move your leg and your arm, think to squeeze your butt and your upper back and your leg and your arm just happen to move by virtue of this</li> <li>- Make sure you're actually holding each rep at the top position and not just quickly moving through the motions</li> <li>- Make sure not to crank your neck back but to keep it in a neutral position</li> </ul>	<ul style="list-style-type: none"> <li>- Hold the position up to 60s</li> <li>- Perform more reps</li> </ul>
Clock Touches	<ul style="list-style-type: none"> <li>- Do not let your stationary knee cave in</li> <li>- You want to make sure that your knee is in line with your toe while you're performing each movement</li> </ul>	<ul style="list-style-type: none"> <li>- Perform up to 8 rounds each side</li> <li>- Touch farther away</li> </ul>