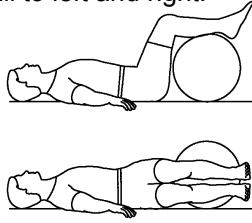


## Core Strengthening Exercises

### Torso Stretch with Ball

- Lie on back with legs up on ball as shown.
- Slowly twist at waist, moving ball to left and right.

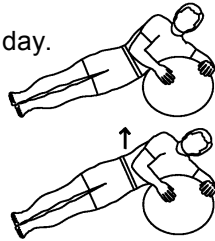


Perform 1 set of 10 Repetitions, once a day.

### Side Bend with Ball

- Lie on side with upper body supported on ball.
- Lift hips upward, straightening the trunk.
- Lower hips and repeat.
- Perform exercise on both sides.

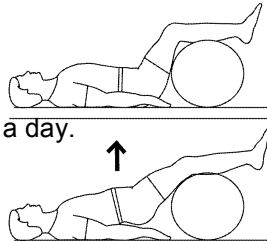
Perform 1 set of 10 Repetitions, once a day.



### Lumbar Bridge on Thigh

- Lie on back with knees bent over ball as shown.
- Lift buttocks off floor.
- Return to start position.

**Special Instructions:**  
Maintain neutral spine.



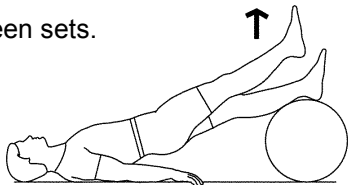
Perform 2 sets of 10 repetitions, once a day.  
Rest 1 Minute between sets.

### Lumbar Bridge with Alternating Legs

- Lie on back with ankles on ball.
- Lift buttocks up as shown.
- Lift one leg off of ball and lower leg back to ball.
- Lift other leg off of ball and lower leg back to ball.
- Lower buttocks and repeat.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.



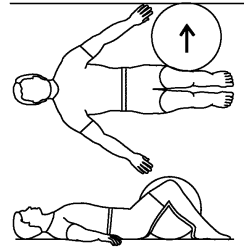
### Side Knee Press into Wall

- Place ball next to wall.
- Lie on back with knees bent and resting against ball.
- Push knees against ball.
- Hold, relax, and repeat.
- Repeat with other side facing ball.

**Special Instructions:**

Do not hold breath.

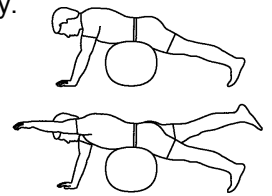
Perform 1 set of 5 Repetitions, once a day.



### Bird Dog – Alternating Arms & Legs

- Begin lying with hips over ball as shown.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.

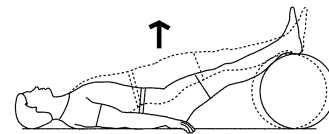
Perform 1 set of 10 Repetition, once a day.



### Lumbar Bridge on Heels

- Lie on back with ankles on ball.
- Bridge up as shown.
- Lower and repeat.

Perform 2 sets of 10 Repetitions, once a day.  
Rest 1 Minute between sets.



### Alternating Arms & Legs on Back

- Lie face up over ball as shown.
- Raise left arm up over head, and straighten right leg.
- Hold, lower and repeat with right arm and left leg.

**Special Instructions:**

Maintain proper back posture, do not allow hips to twist.

Perform 1 set of 10 Repetition, once a day.

