

Side Bridge



- Lay on side supported by hip (knee or foot) and elbow.
- Extend hips to neutral
- Upper hand placed on opposite shoulder (eventually progress to hand on hip).
- Hold for 10 seconds
- Relax and repeat on opposite side
- 5 times on each side
- Do 2 -3 times a day

Start with hip, then progress to knee, and then foot.

Add abdominal bracing (clench abs as if someone were about to punch you in the stomach)

Bird dog



- Begin on all fours, with hands directly beneath shoulders, and knees directly below hips.
- Begin by raising and extending left arm and holding for 10 seconds.
- Return to starting position, then raise and extend right leg and hold for 10 seconds.
- Repeat with other arm and leg.

-Once this is possible, simultaneously raise 1 arm with opposite leg and hold for 10 seconds, then switch sides.

- Do 3 sets of these 2 -3 times a day

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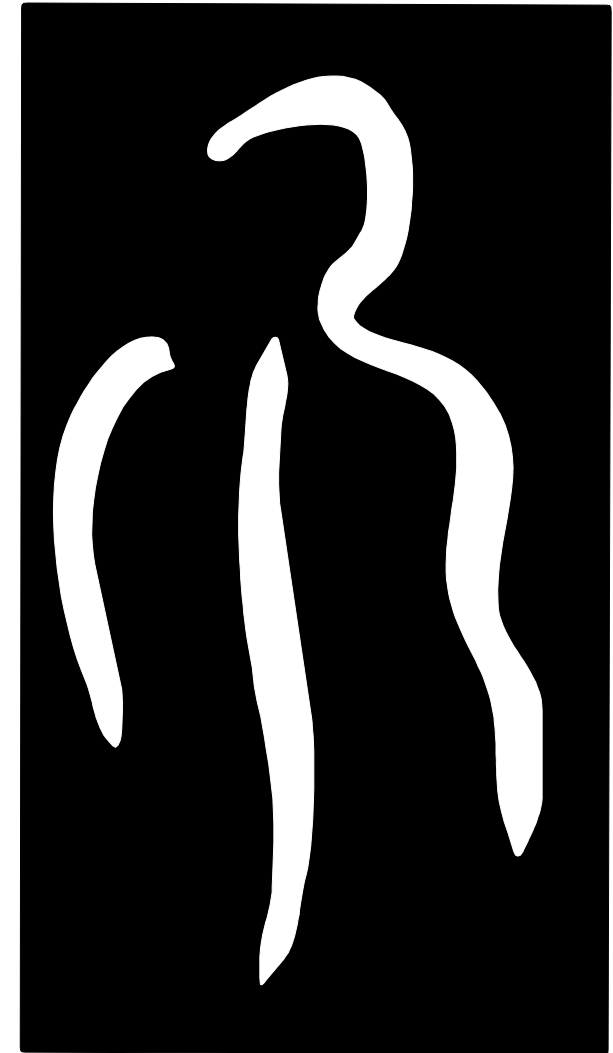
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Core Exercises

Abdominal Hollowing



- Draw in navel towards spine, and hold
- Feel for contraction just in front and below of front hip bones
- Remember to continue breathing!

- Hold for 10 seconds, relax and repeat
- 2 – 3 sets 5 repetitions
- Do 4 – 5 times a day

*May be performed lying, sitting or standing

Cat-Camel



- On all fours, alternate between arching back, and pressing abdomen towards floor
- It is the motion that is important, no need to push at end-ranges
- Going from arch, to flex and back is 1 rep.
- Remember to continue breathing!

- 2 – 3 sets 5 repetitions
- Do 2 - 3 times a day

Curl Up



- Lie on back with both hands under lower back
- Keep elbows on the ground
- One leg straight, the other bent.
- Raise shoulder blades off of ground and hold for 5 seconds while maintaining neutral neck position
- Return to starting position and repeat.
- Remember to continue breathing!

- 2 – 3 sets 10 repetitions
- Do 2 - 3 times a day