

Notes:

## 1. Stabilization Flexion



- Lie on your back with your knees bent and your lower back in neutral position (slightly arched).
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
- Maintain a steady abdominal breathing while you lift one knee up until 90 degrees and then the other.
- Then, straighten one leg without touching the floor and without moving your lower back.
- Bend your leg and repeat with the other leg before returning to the starting position by lowering one leg at a time.

Sets: 2 Repetition: 10 Hold: 5 sec.

## 2. Strengthening Glutes



- Lie on your back with your knees bent.
- Contract your abdominal muscles and your buttocks while lifting your buttocks off the ground until your trunk is aligned with your legs.
- Slowly return to initial position and repeat.

Sets: 2 Repetition: 10 Hold: 5 sec.

## 3. Stabilization Multifidus



- Get on your hands and knees (four point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your chin must be tucked in.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
- Maintain a steady abdominal breathing while you lift one leg backwards and then the opposite arm overhead keeping your back in neutral position.
- Hold 3 sec
- Return to initial position and repeat with the other leg and arm
- 2 sets of 10-15.

Sets: 2 Repetition: 10 Hold: 5 sec.

## 4. Stabilization Lunge



- Stand with your feet apart (one forward, one backward)
- Lower your body by bending the knees to 90 degrees without touching the floor with your back knee.
- Return to initial position and repeat with your feet placed the opposite way.
- NOTE: Keep the knee cap of the forward leg aligned with your 2nd toe and avoid any lateral movement with both knees.

## 5. Stabilization Heel slide



- Lie on your back with your legs straight and your back in neutral position (slightly arched).
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of a maximal contraction.
- Maintain a steady abdominal breathing while you slide both feet towards your buttocks bending your knees and hips keeping your back and pelvis completely still.
- Lift both feet off the surface when they get close to your buttocks until your thighs are vertical.
- Return slowly to initial position by lowering both legs and repeat.

Notes:



**Exercise#1 : Page 1 GEN24015 Crook lying, Transversus abdomini activation with unilateral eccentric hip flexion**

Sets: 2 Repetition: 10 Hold: 5 sec.



**Exercise#2 : Page 1 GEN8159 Core stabilization and glutes strengthening in supine bridge**

Sets: 2 Repetition: 10 Hold: 5 sec.



**Exercise#3 : Page 1 XGEN1596 Four point, Multifidus activation with active elevation of leg and opposite arm with neutral back**

Sets: 2 Repetition: 10 Hold: 5 sec.



**Exercise#4 : Page 1 XGEN1695 Standing, Hip and knee strengthening and stabilization in split squats (Lunge)**



**Exercise#5 : Page 1 GEN13771 Supine, Transversus abdomini activation with bilateral heel slide from legs straight to bent**