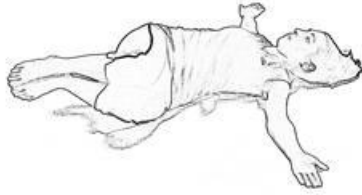


Back A Home Program

1. Trunk Rotations



- Lie on your back with knees bent.
- Keeping knees together, feet on floor at 90 degree angle.
- With control, slowly drop your legs to one side, pause, and then slowly drop legs to opposite side.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

2. Hamstrings Stretch



- Lying on your back, lift a leg up and place a towel behind the lower leg. Pull on the towel to bring the leg toward your body while keeping your stretched leg straight.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

3. Single Knee to Chest



- Lie down on your back and pull one knee towards your chest.
- Hold and repeat on other leg.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

4. Figure 4 Stretch



- Lie on your back and have one leg bent.
- Place the ankle of the opposite leg over the knee in figure 4 position.
- Using both hands, grab the back of the knee and pull the knee towards chest gently until you feel a gentle stretch at the buttock of the elevated leg.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

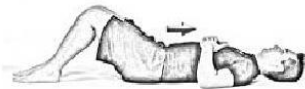
5. Child's Pose



- Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
- Sit backwards towards your heels by lowering your buttocks.
- Maintain the stretch and return to initial position.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

6. Posterior Pelvic Tilt



- Lie on your back with your knees bent.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward.
- Tilt your pelvis and flatten your back to the ground.
- Return slowly to initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

7. Ball Squeeze



- Lying on back with knees bent to 90 degrees.
- Place ball between knees with feet in line with knees.
- Squeeze ball by squeezing knees together.
- Return and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

8. Clams



- Lie on your side with a band above your knees.
- Your hips should be flexed slightly and your head supported.
- Keep your feet together and open the top knee to externally rotate the hip.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

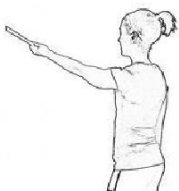
9. Bridge



- Lay down on your back with knees bent and a ball or pillow between them.
- Squeeze the glutes and contract the abdominals to lift the hips off the ground.
- As you lift, squeeze the ball or pillow between the legs.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

10. Lats



- Stand and tie an elastic in front of you at head level. Hold the elastic tightly with your palm facing downwards making your arm straight at shoulder level.
- Pull your arm straight down.
- Keep your arm straight, shoulder back and torso stable during the exercise.
- Slowly return to initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

11. Rows



- Stand facing the wall with your chin tucked-in and grab an elastic with one end in each hand. The tubing should be anchored at eye's level.
- With the arms out in front, palms facing down, pull back on the elastic while keeping the elbows at shoulder height and your chin tucked-in.
- Squeeze the shoulder blades together at the end of the movement.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

12. Active ROM Pelvic Tilt



- Sit on a ball with your thigh parallel to the ground, your feet flat on the floor 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 round your back by rolling the ball forward.
- Return to neutral position and repeat

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

13. Stability Ball: Marching



- Sit on a ball with your thigh parallel to the ground, your feet flat on the floor 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 raise one knee keeping your back and pelvis completely still.
- The ball should not move during the exercise.
- Lower your leg and repeat with the other leg.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

14. Stability Ball Side-to-Side



- Sit on a ball with your thigh parallel to the ground, your feet flat on the floor 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 (inner thigh) 20 to 30% of a maximal contraction.
- Pop your hip to one side, return to mid-line, and then repeat on opposite side.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

15. Wall Squat



- Stand up against a wall with your feet in front of you (distance feet/wall: when your thighs are parallel to the ground your knees should be at 90°).
- Slide up and down the wall and keep the upperbody in contact with the wall.
- Keep the knees in line with the feet.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

16. Wall Sit



- Have your back supported on a wall and feet slightly in front of you.
- Place a small ball between the legs and squeeze lightly as you lower yourself to bend the knees and hips at 90° just as you were sitting in a chair but with no chair.
- Push through the heels to hold yourself in the position for the required time.
- Keep knees aligned with toes.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

17. Hip Hike



- Standing on a step with one foot off the side, holding a pole or chair.
- Slowly lower your hip and leg towards the floor.
- Slowly lift your hip towards the ceiling as high as possible without letting the other hip drop out.
- Keep both knees straight.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

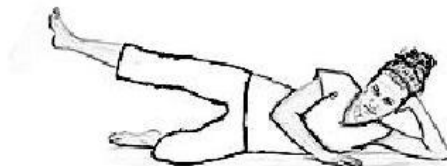
18. Straight Leg Raise:
Flexion



- Lie on your back with one knee bent and the affected leg completely straight.
- Lift your leg off the bed to 45 degrees keeping it straight.
- Lower the leg to starting position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

19. Straight Leg Raise:
Abduction



- Lie on your side with your bottom leg bent in front.
- Lift up your top leg keeping it straight and your pelvis stable. Once you reach the maximum range without any movement of your pelvis.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

20. Straight Leg Raise:
Adduction



- Lie on your side with the bottom leg (affected leg) straight and the top leg bent in front with your foot flat on the floor.
- Lift up the bottom leg keeping straight and the pelvis stable. The foot and the knee cap are pointing forward during movement.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

21. Straight Leg Raise:
Extension



- Lie on stomach and bend one knee to 90° degrees.
- Keeping abs and glutes tight elevate your thigh from the floor without arching the back.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

