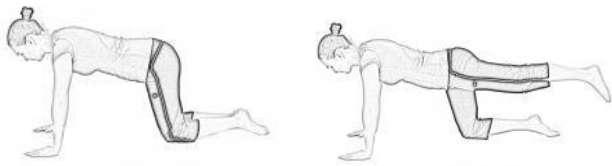


Back B Home Program

1. All Fours: Legs



- Kneel on all fours with your chin tucked-in, your knees directly under your hips and your hands directly under your shoulders.
- Lift one leg up and back, without arching the lower back.
- Lower the leg and repeat with the opposite leg.
- Note: Maintain neutral spine (don't arch the back) and do not allow pelvis/trunk/neck to move.

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

2. All Fours: Arms



- Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
- 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 20 to 30% of a maximal contraction
- Lift one arm overhead keeping your back in neutral position and your chin tucked-in.
- Return to initial position and repeat with the other arm.

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

3. All Fours: Arms and Legs



- Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
- 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
- Maintain a steady abdominal breathing while you extend one leg behind keeping your back and pelvis still.
- Then, extend the opposite arm in front while keeping your balance.
- Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

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

4. Marching with Posterior Pelvic Tilt



- Lie on your back with your knees bent 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.
- Lift one knee towards your chest to 90 degrees (vertical).
- Return slowly to initial position by lowering one leg at a time and repeat the entire sequence beginning with the other leg.

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

5. Posterior Pelvic Tilt with Cane



- Lay on your back with both knees bent and feet on floor.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward.
- Keep pelvic tilt throughout set.
- Hold cane/broom in both hands.
- Move hands up towards head and back down to abdomen. Repeat motion.

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

6. Dead Bug



- Lie on your back and place both knees and hips bent to 90° degrees and both arms pointed towards the ceiling.
- 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 lower one leg straight and lower the opposite arm over the head.
- Just before you touch the ground return the leg and arm to the starting position and repeat with the other leg and opposite arm.

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

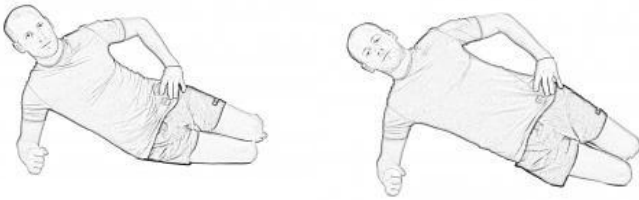
7. Stabilization Plank



- Lie on stomach propped up on your elbows or hands and toes with your chin tucked-in and your feet together.
- Lift up your pelvis creating a straight line with your body.
- Hold the position without arching your back.

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

8. Modified Side Plank



- Lie on side with knees bent to 90° degrees and legs in line with body.
- With your upper body supported on your elbow, make sure the elbow is directly under the shoulder.
- Lift pelvis until your body is aligned and maintain the position.
- *Progression: Legs Straight

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

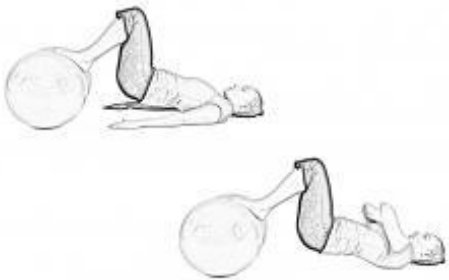
10. Stabilization Rotation: 'X' & 'T'



- Kneel or stand with your feet facing forward at hips width.
- Keep pelvis facing straight throughout movement and hold your stomach tight.
- Hold a resistance ball in your hands with your arms stretched in front of you.
- Move your arms in an 'X' pattern.
- Move your arms in a 'T' pattern.

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

11. Bridge with Curl



- Lie on your back with your legs straight and ankles on a stability ball.
- Press heels down into the ball, lifting your hips off the ground, and then bend your knees to pull ball up toward your buttocks.
- Return ball to starting position and repeat.

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