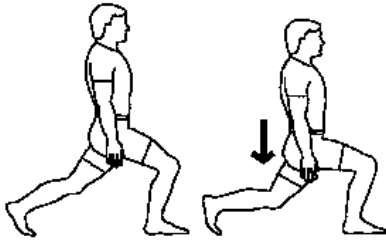


Cat / Camel / Flexion / Extension Cycles

- This helps warm the spine up for the exercises. This is intended as a motion exercise and not a stretch, so the emphasis is on motion rather than 'pushing' at the end ranges.
- Perform 5-6 cycles.
- If you have sciatica, you may experience some increased pain during the flexion phase. Use pain to guide the suitable pain-free range of motion.



Full Lunge



- Step forward and bend knees until in a lunge position.
- Slowly bend both knees to lower trunk toward floor.
- Slightly straighten knees to raise up.
- Continue to lower and raise while in lunge position.
- Perform one repetition every 4 seconds
- Rest 1 minute between sets
- Goal: 3 sets of 20 repetitions, once per day on each side.

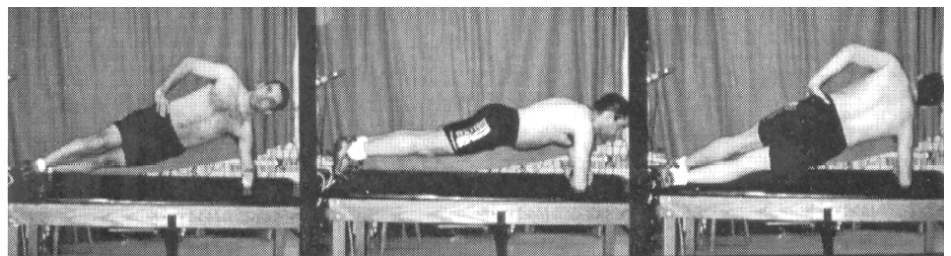
Curl-Up, Advanced

- Lay on your back with the hands supporting the low back area. Do not flatten the back to the floor. The hands can be adjusted to minimize pain if needed.
- One leg is bent with the knee flexed to 90 degrees while the other leg remains relaxed on the floor/bed. The focus of the lift is on the upper torso. Only lift to the point between the shoulder blades.
- Raise the elbows a couple of inches so that the arms do not pry the shoulders up.
- Do not bend/flex your neck. No neck motion should occur, either chin poking or chin tucking.
- Focus your bend just between the shoulder blades.
- The advance portion is where you 'pre-brace' or maximally contract the abdominal wall, neither sucked in nor blown out. Make sure you breathe normally.
- Goal: Hold for a count of 2 slow breaths. Do 5 reps with right knee bent, and 5 reps with left knee bent.



Side Bridge Advanced

Rolling from one side to the other. Lock the rib cage to the pelvis. Be disciplined so that the pelvis does not lead the rib cage – this almost doubles the difficulty of the exercise and should be insisted upon. Generally, hold each position for no less than 10 seconds with a few deep breaths. Try to do 5 cycles daily.



Birdog, Advanced

- The starting position is on the hands and knees with the hands under the shoulders and the knees directly under the hips.
- Raise the opposite arm and leg at the same time, not to go over horizontal.
- Then 'sweep' the floor with the hand and knee so that no weight is borne by either, then return to the regular birdog position.
- Goal: 2 minutes on each side in the mornings and 2 minutes on each side in the evenings.

