



**Abdominal Hollow - Quadruped**

On hands and knees, keeping back flat. Suck stomach up towards the spine without arching the back. Maintaining an even pressure through the hands and knees will help discourage spine movement. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



**Abdominal Hollow - Supine**

Lying on back, knees bent with feet flat on the floor. Arms out 45 at sides with palms up. Suck stomach in, pulling bellybutton inward and slightly upward toward your head. Hold for 3 relaxed breaths. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



**Half Front Plank - Knees**

Support body in a half plank position with elbows under shoulders and knees together. Keep a straight line through the knee, hip and shoulder. Maintain an abdominal hollow. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**

Patient:

ID:

Issued By:

Date: 29/08/2024 18:10:05



### Arm Raises Quadruped

On hands and knees, maintain an abdominal hollow and keep back flat. Slowly raise one arm out in front until parallel to the floor, keeping rest of body stable. hold for 3 relaxed breaths, slowly return arm to floor and alternate. Stop if the exercise causes pain. SCAP SETTING

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Quadruped Arm Raise / Leg Drag

On hands and knees, slowly raise one arm overhead and straighten opposite leg behind while keeping toe on the floor. Keep spine level, chin tucked, and maintain an abdominal hollow. Hold for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Lumbar Extension 1/2

Lying on stomach, use elbows/forearms to support upper body off floor. Keep pelvis resting on floor, buttocks relaxed, and let low back sink into floor. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Lumbar Extension Full

Lying on stomach with hands on floor at shoulder level. Slowly push upper body up off floor, keeping pelvis in contact with floor, head in neutral. Keep buttocks relaxed, and allow low back to sink toward floor. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Bridge / Marching

Holding a bridge position, maintain an abdominal hollow and squeeze buttocks to support low back. Slowly raise one knee up off floor, holding for 3 relaxed breaths. Slowly return foot to start position, repeat with opposite leg. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Standing Cross Crawl on Pillow

Standing on a pillow, arms out to sides at 90. Bend right hip and knee up to 90, while reaching across with left hand to touch knee. Hold for 3 relaxed breaths, slowly return to start position. Alternate. Maintain an abdominal hollow. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

Notes: