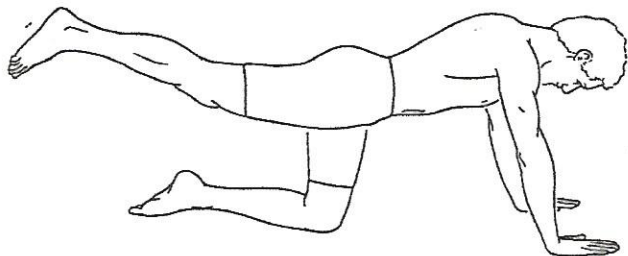


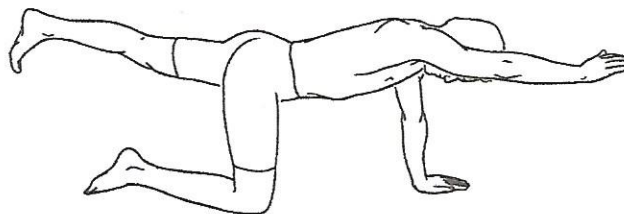
BACK - 8 Hip Extension (All-Fours)



Lift right leg back with knee slightly flexed. Do not arch neck or back. Then alternate legs.

Hold each leg straight for as long as possible then switch legs.

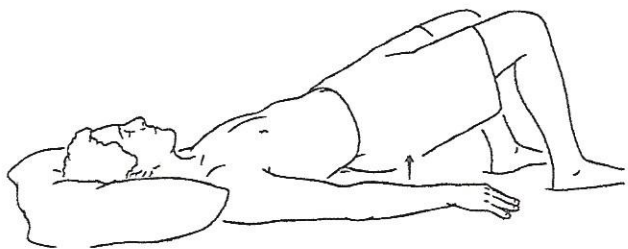
BACK - 10 Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck. Then alternate sides.

Hold each arm and leg straight for as long as possible.

TRUNK STABILITY - 9 Bridging

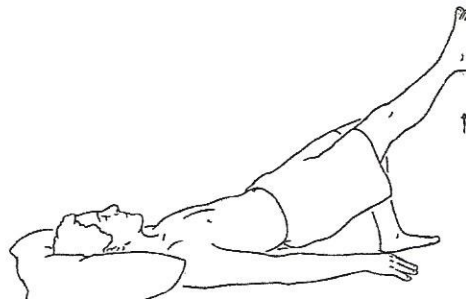


Slowly raise buttocks from floor, keeping stomach tight.

Hold this position as long as you can for up to 2 minutes total. Do 2-3 sets per session.

Do 1-2 sessions per day.

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise

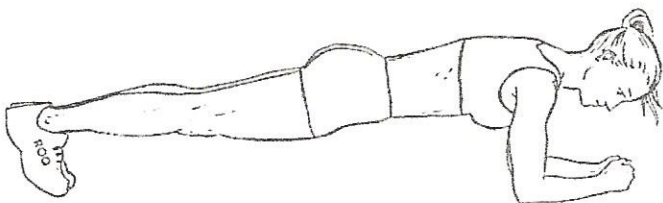


With legs bent, lift buttocks 30 inches from floor. Then slowly extend right knee, keeping stomach tight.

Repeat 2-3 times per set. Do 1-2 sets per session.

Do 1-2 sessions per day.

Plank



Hold the plank position as long as you can on your tip toes and elbows

Repeat 2-3 x daily holding the plank position as long as you can each time.

Superman



Lift upper body and legs from floor. Do not arch neck.

Hold your arms and legs up as long as you can.

Perform exercise 2-3 x daily.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.