

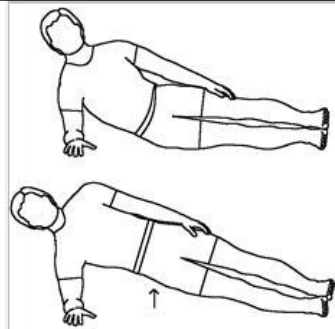
Low Back Stabilization

Side Plank-

Hold 30 seconds, repeat 2x.
Begin on knees, progress to feet.



When side plank done easily move on to the more advanced- on feet



As this becomes easier move on to the most advanced- roll side to front to side to other side; hold each 30 seconds. Each phase might take 1-3 weeks.



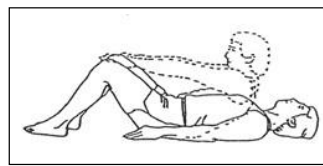
Strengthens the Quadratus lumborum and oblique abdominal muscles- the lateral stabilizers.

Curl-up-

Strengthens core/ rectus abdominis.
Hands under lumbar region; one leg bent to stabilize; raise head and shoulders.
Hold 6 seconds with strong contraction; repeat 10x
Additional challenge- raise elbows.



Alternate straight and oblique curl-ups, hold each pose 6 seconds; straight, right, straight, left; repeat all 3x



Cat-Camel Stretch-

Slowly cycle through flexion and extension 10x.



Birddog-

final stabilization exercise to add when others are strong.
Hold 6 seconds; repeat 5x on each side.
Build up to 10x over time.

