



Curl And Stretch



Lying on back, maintain an abdominal hollow,hug knees to chest. Stretch out by bringing hands up over head and straightening the legs out. Slowly return to start position.Stop if the exercise causes pain.

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

Notes:

Pelvic Rotation - Hook Lying



Lying on back with knees bent and feet flat on floor. Slowly rotate body to one side, about half way to the floor, shoulder blades should not lose contact with the floor. Hold for 3 relaxed breaths, return to starting position, repeat on other side. Maintain an abdominal hollow throughout.Stop if the exercise causes pain.

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

Notes:

Cat / Camel



On hands and knees, let stomach muscles relax and spine sag toward the floor. Neck should be held neutral and stretched long, as if a string was pulling on the top of the head. Hold for 3 relaxed breaths. Next pull the stomach muscles up and in, rounding the spine, letting chin tuck in slightly. Hold for 3 relaxed breaths.Repeat. Move within pain free range of motion.

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

Notes: