


Core Strengthening Home Exercise Program



You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: 8FX42WMC

Core Strengthening exercises should be completed at least 1x/day.

<p>Supine Posterior Pelvic Tilt</p> 	<ul style="list-style-type: none"> • Begin by lying on your back with your knee bent and feet resting on the floor • Slowly bend your low back and tilt your pelvis into the floor, then return to the starting position.
<p>Supine Bridge</p> 	<ul style="list-style-type: none"> • Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the floor. • Tighten your abdominals and slowly lifting your hips off the floor into a bridge position, keeping your back straight.
<p>Supine Deadbug with Leg Extension</p> 	<ul style="list-style-type: none"> • Begin lying on your back with your knee bent and feet flat on the floor • Tighten your abdominals, lift both legs to 90 degrees angle and your arms up toward the ceiling. Slowly lower one arm overhead and you straighten your opposite leg at the same time. Return to the starting position.
<p>Bird dog</p> 	<ul style="list-style-type: none"> • Begin on all fours, with your arms positioned directly under your shoulders • Straighten one arm and your opposite leg at the same time until they are parallel to the floor. Hold briefly, then return to the starting position.
<p>Standard Plank</p> 	<ul style="list-style-type: none"> • Begin lying on your front, propped up on your elbows. • Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Hollow Hold



- Begin lying on your back. Lift arm overhead
- Tighten your core muscles and tuck you pelvis. Left your shoulder blades, arms, and legs off the ground while keeping your limbs straight. Hold this position