



### Supine Bridge

Lying on your back with knees bent, lift your bottom until your shoulders, hips, and knees are in a straight line, and then return to starting position.

Sets: 1

Repetitions: 15

Hold time (seconds): 5

Number of times per day: 1

Number of times per week: 3



### Shoulder Shrugs

Raise shoulder blades up by shrugging your shoulders. Return to rest.

Sets: 1

Repetitions: 20

Number of times per day: 1

Number of times per week: 3



### Seated Long Arc Quads with Ball Squeeze

From a seated position with your knees bent, put a ball between your ankles. Next, straighten both legs. At the top of the arc, squeeze your thigh muscles. Slowly bend both knees back to the starting position.

Sets: 1

Repetitions: 20

Number of times per day: 1

Number of times per week: 2



### Standing Bilateral Heel (Calf) Raises

Standing with equal weight on both legs, holding onto a chair for balance, raise up onto the balls of both feet, lifting your heels off the ground.

Sets: 1

Repetitions: 15

Number of times per day: 1

Number of times per week: 3



### Seated Lumbar Extension

Sit in a chair with good, upright posture and place a towel roll at your low back. Cross your arms in front of your chest and bend backwards using the towel roll as a pivot point.

Sets: 1

Repetitions: 15

Number of times per day: 1

Number of times per week: 3



### Leg Forward Step Ups

Step up onto a step with both feet. Step down with both feet. Alternate leading with each foot.

Sets: 1

Repetitions: 10

Number of times per day: 1

Number of times per week: 3



### Bilateral Scapular Retractions

With your hands at your side or clasped together in front of you, gently pull your shoulders back, pinching the shoulder blades together.

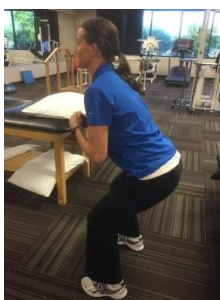
Sets: 1

Repetitions: 20

Hold time (seconds): 5

Number of times per day: 1

Number of times per week: 3



### Partial Squats

While holding onto a stable object and standing with your feet at shoulder width apart, squat down with equal weight on both legs. Only go down a short distance and keep your weight back on your heels. Focus on pushing up equally with both legs.

Sets: 3

Repetitions: 10

Number of times per day: 1

Number of times per week: 3



### Side Stepping Right

While keeping your knees slightly bent, step to the right. Repeat for 15 feet, then rest.

Sets: 1

Repetitions: 3

Number of times per day: 1

Number of times per week: 3



### Side Stepping Left

While keeping your knees slightly bent, step to the left. Repeat for 15 feet, then rest.

Sets: 1

Repetitions: 3

Number of times per day: 1

Number of times per week: 3



### **Bilateral Ankle Pumps AP In Supine**

Lying on your back with both legs straight, pump both ankles up and down.

Sets: 1

Repetitions: 30

Number of times per day: 1

Number of times per week: 3



### **Bilateral Quad Sets QS in Supine**

Lying on your back with both legs straight, tighten both thigh muscles and hold.

Sets: 1

Repetitions: 15

Number of times per day: 1

Number of times per week: 3



### **Posterior Pelvic Tilts**

Lying on your back with both knees bent, flex your abdominal muscles and flatten your back to the floor by tilting your pelvis back. Try not to lift your head or shoulders as you tighten your abdominals.

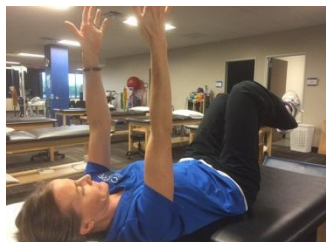
Sets: 1

Repetitions: 15

Hold time (seconds): 5

Number of times per day: 1

Number of times per week: 3



### **Pelvic Tilts with Bilateral Leg Marches**

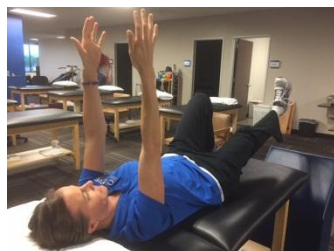
Lie on your back with both knees bent and both arms straight up, directly above your shoulders. Flex your abdominals, performing a pelvic tilt, flattening your low back. Keep your back flat as you raise your right foot up 3-4 inches and then lower to the starting position. Raise the left foot and continue alternating to each side.

Sets: 1

Repetitions: 15

Number of times per day: 1

Number of times per week: 3



### **Pelvic Tilt with Right and Left Leg Extension**

Lie on your back with both knees bent and both arms straight up, directly above your shoulders. Flex your abdominals, performing a pelvic tilt. Keep your back flat as you straighten out your right leg and hold it 2-3 inches off the floor. Return to starting position and repeat with the left leg.

### **Questions**

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.