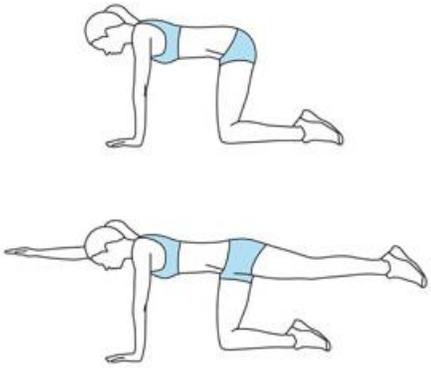
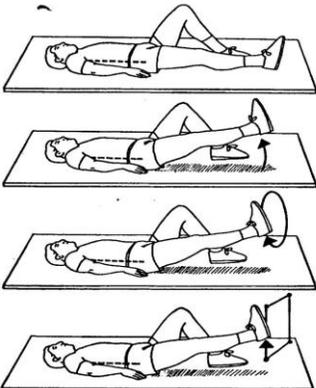
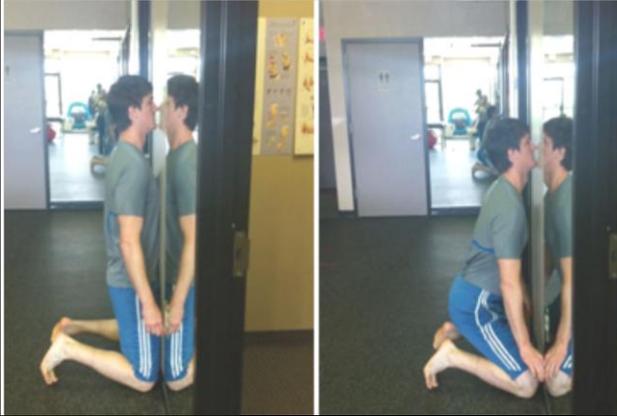
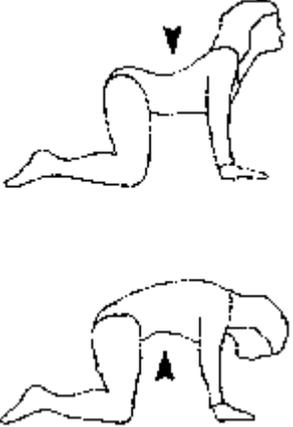
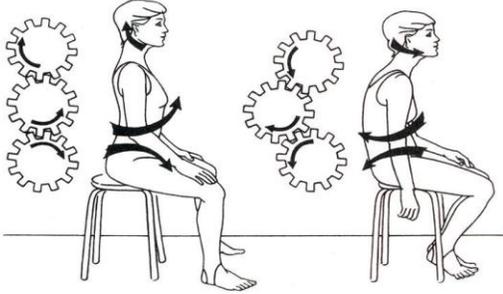


## POSTURE EDUCATION AND CORE STRENGTHENING

<p><b>Bird Dog Exercise:</b></p> 	<ul style="list-style-type: none"> <li>• Kneel on the floor with hands firmly placed about shoulder width apart</li> <li>• Brace abdominal muscles</li> <li>• <b>Beginner:</b> practice lifting one hand/arm straight out. Hold for 15 seconds or until unsteadiness begins, repeat with opposite arm, then one leg, then opposite leg.</li> <li>• <b>Expert:</b> when you're ready to do the exercise point the arm straight out in front of the body in line with the spine, and extend the opposite leg straight out.</li> <li>• Hold for 15 seconds then return hands and knees to ground position. Change to opposite arm and leg and repeat.</li> <li>• 5 repetitions for each limb for beginners</li> <li>• 10 repetitions for experts.</li> </ul>
<p><b>Forward Plank:</b></p> 	<ul style="list-style-type: none"> <li>• Start by lying face down on the ground or exercise mat. Place your elbows and forearms underneath your chest. Prop yourself up to form a bridge using toes and forearms. Maintain a flat back and do not allow your hips to sag towards the ground</li> <li>• Hold this position, focusing on tightening your abs, until you can no longer maintain a flat bridge. For beginners, start with 10 seconds. Return to start position.</li> <li>• Beware of cheating! Remember to not let your hips and back sag. This exercise will only be effective if you work to maintain a flat line from your shoulders to your feet. You might want to start in front of a mirror to learn the technique.</li> </ul>
<p><b>Side Plank:</b></p> 	<ul style="list-style-type: none"> <li>• Lie on your side with your right hand on the ground or use an exercise mat. For beginners, it is recommended to begin this exercise on your elbow.</li> <li>• Lift yourself up to form a plank with your right arm straight and your left arm on your side.</li> <li>• Remember to keep your body in a straight line, tightening your abs and butt muscles. You might want to start in front of a mirror to learn the technique.</li> </ul>
<p><b>Spine Stabilization exercises</b></p> 	<ul style="list-style-type: none"> <li>• Place hands under small of back, with one knee bent, raise the opposite straight leg off the floor about 4 inches, contract stomach muscle, hold for 15 seconds, relax then switch sides, repeat with opposite leg. Perform both sides 10 times.</li> <li>• Progress to making circles</li> <li>• Then progress to making squares</li> </ul>

## POSTURE EDUCATION AND CORE STRENGTHENING

<p><b>Hip Hinge Training:</b></p> 	<ul style="list-style-type: none"> <li>• Starting Position: Kneeling facing a wall with nose touching wall.</li> <li>• Action: slide down the wall bending from the hip not the low back, keep the low back straight and the nose against the wall until you arrive at the bottom with knees fully bent.</li> <li>• Do not pull away from the wall this is cheating and you will start bending the lumbar spine this is poor technique</li> </ul>
<p><b>Cat Camel Exercise:</b></p> 	<ul style="list-style-type: none"> <li>• Starting Position: Kneel down on the floor and assume the "all-four's" position. Keep your head straight so that the gaze of your eyes is toward the floor.</li> <li>• Action: Slowly allow your trunk to sag as far as you can so that your back is arched. Do not, pull it down, but let it relax as you lift up your face towards the ceiling.</li> <li>• Then round your back up at the waist as far as you can by contracting your lower abdominal muscles as you lower the top of your head toward the floor.</li> </ul>
<p><b>McKenzie Extension</b></p> 	<ul style="list-style-type: none"> <li>• Starting Position: Lie on your stomach on a mat with your weight on your forearms.</li> <li>• Action: Lie on your stomach on a mat and lean on your elbows Stay in this position for about 10 seconds, making sure that you relax your low back completely.</li> <li>• Once relaxed you can progress to your hands from your elbows</li> <li>• this position should centralize your pain</li> </ul>
<p><b>BRUGGER RELIEF POSTION</b></p> 	<ul style="list-style-type: none"> <li>• Put your feet under your knees with feet shoulder width apart.</li> <li>• Sit up, lift your chest, brace your shoulder blades down, back and together, arch your back slightly. Rotate your arms outward slightly so your palms face forward. Separate your fingers and point your thumb backwards.</li> <li>• Perform a light chin-tuck (try to give yourself a double chin, but avoid flexing the chin to chest).</li> <li>• Hold this position while taking a deep breath in through the abdomen. Can repeat up to two to three times per hour</li> </ul>

# POSTURE EDUCATION AND CORE STRENGTHENING