

Core Exercise

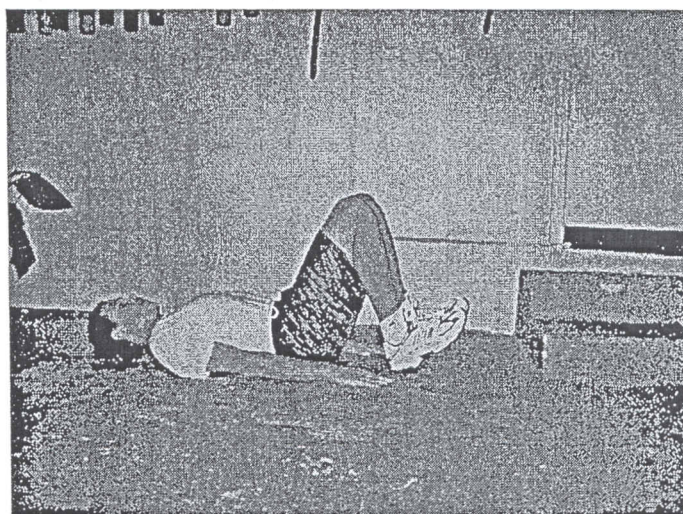
Purpose: The purpose of this exercise is to stabilize and maximize the efficiency of the major core muscles of the abdomen, back and pelvis.

Procedure: Patient lies on a firm surface on their back. Bring both legs up so feet are flat on the surface, hands at your side. Patient visualizes belly button pushed to the spine then raises toes off the flat surface and lifts hips up to form a straight line from the knees to the hips through the shoulders and then releases to let pelvis rest on the surface.

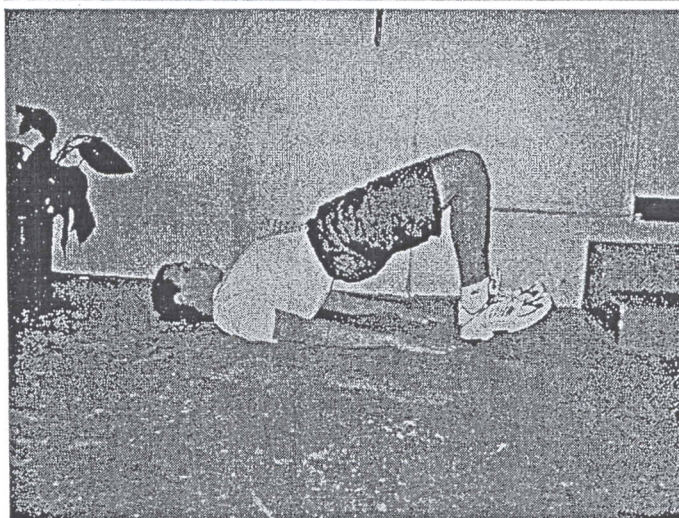
- Important note is toes must be raised off the surface.

Name: _____

Step 1.



Step 2.



*Three sets of ten

1x/day

2x/day

3x/day

4x/day