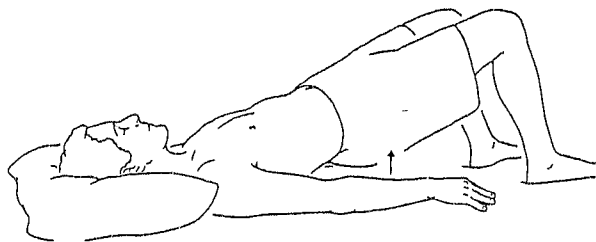


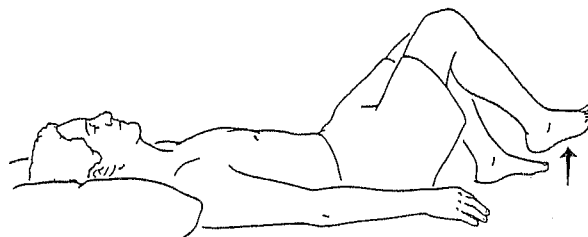
ATLANTA BONE AND JOINT SPECIALISTS

TRUNK STABILITY - 9 Bridging



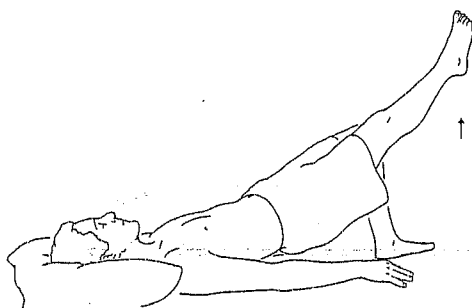
Slowly raise buttocks from floor, keeping stomach tight.
Repeat 20 times per set. Do 3 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg 6-8 inches from floor. Keep trunk rigid. Hold 5 seconds.
Repeat 20 times per set. Do 3 sets per session.
Do 1 sessions per day.

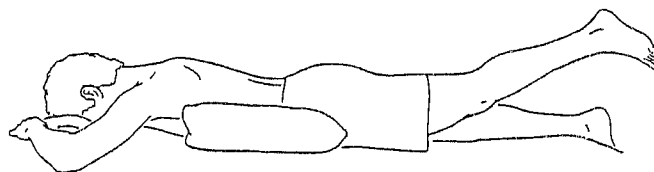
TRUNK STABILITY - 13 Bridging: with Straight Leg Raise



With legs bent, lift buttocks 6-8 inches from floor. Then slowly extend right knee, keeping stomach tight. Alternate with opposite leg.

Repeat 20 times per leg per set. Do 3 sets per session.
Do 1 sessions per day.

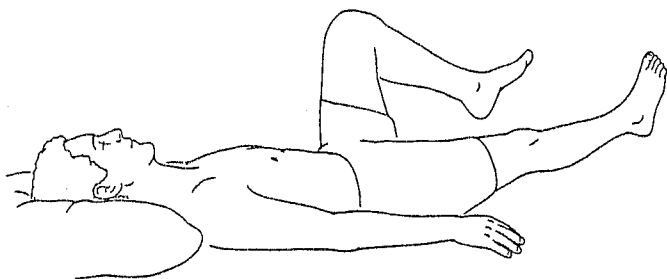
TRUNK STABILITY - 17 Straight Leg Raise (Prone)



Abdomen and head supported, keep right knee locked and raise leg at hip. Avoid arching low back. Repeat to the opposite side.

Repeat 20 times per leg per set. Do 3 sets per session.
Do 1 sessions per day.

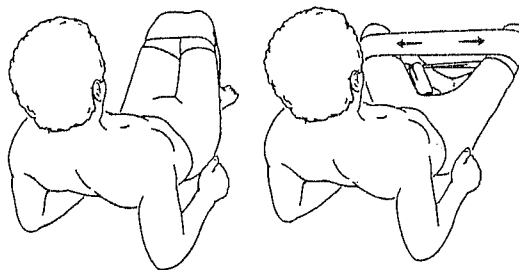
TRUNK STABILITY - 15 Advanced Straight Leg Raise



With knees bent and feet 6-8 inches from floor, slowly straighten right leg, keeping stomach tight. Then straighten the left leg.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor - Resisted

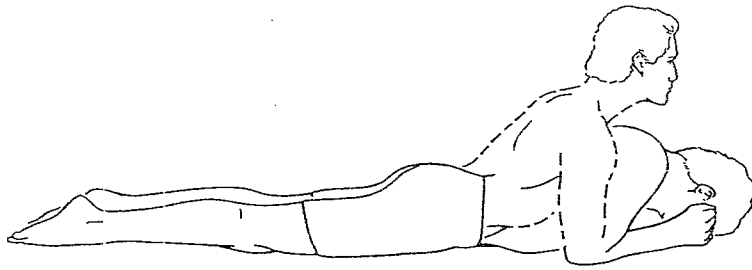


With band looped around both legs above knees, push thighs apart.

Repeat 30 times per set. Do 3 sets per session.
Do 1 sessions per day.

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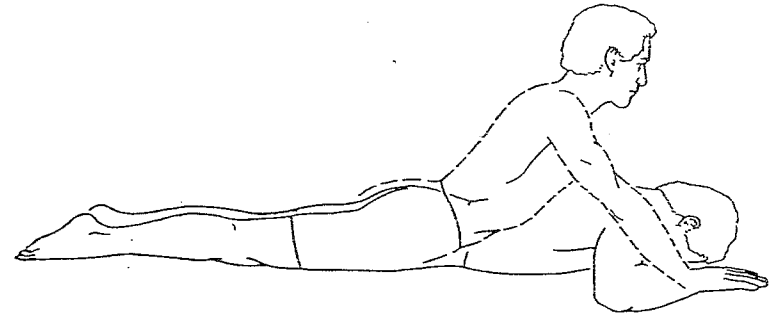
BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor.
Hold 10 seconds.

Repeat 10 times per set. Do 12 sets per session.
Do _____ sessions per day.

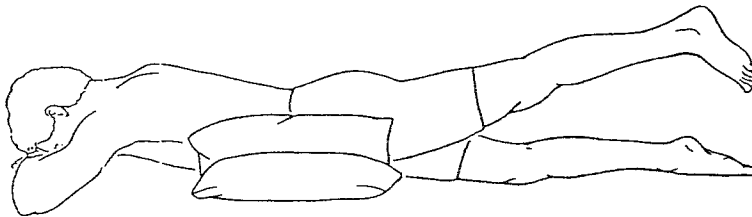
BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

BACK - 4 Hip Extension (Prone)



Lift right leg 6-8 inches from floor, keeping knee locked.

Repeat 10 times per set. Do 2 sets per session.
Do 2 sessions per day.

BACK - 44 Backward Bend (Standing)

Arch backward to make hollow of back deeper.
Hold 5 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

