BACK - 16 Lower Trunk Rotation Stretch

Keeping back flat and feet together, rotate knees to each side. Hold 5 seconds.
Repeat 10 times per set.
Do 1-2 sessions per day.

BACK - 22 Pelvic Tilt

Flatten back by tightening stomach muscles and buttocks.
Hold 5 seconds.
Repeat 10 times per set. Do 3 sets per session.
Do 1 session per day.

BACK - 23 Curl-Up: Phase 1

With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.
Repeat 10 times per set. Do 3 sets per session.
Do 1 session per day.

TRUNK STABILITY - 9 Bridging

Slowly raise buttocks from floor, keeping stomach tight.
Hold 5 seconds.
Repeat 10 times per set. Do 3 sets per session.
Do 1 session per day.

POSITIONING - 6
Posture - Sitting

Sit upright, head facing forward. Try using a roll to support lower back. Keep shoulders relaxed, and avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods.

MOVEMENT - 1
Bending

Bend at hips and knees, not back. Keep feet shoulder-width apart.

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